2019

Suffolk Journal, vol.83, no. 1, Orientation Issue, 2019

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

Recommended Citation

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.
Suffolk says goodbye to the class of 2019

From the Patriots crossing through Suffolk’s campus raising the Lombardi Trophy, to Marisa Kelly being named the university's 11th president and the addition of the Samia Academic Center to campus, the class of 2019 saw it all by the time they crossed the stage at graduation.

See SENIORS - 4
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 policies concerning equal opportunity.

The Suffolk Journal is the student newspaper of Suffolk University since 1936.

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

Former Globe Editor Marty Baron honored at Ford Hall Forum

One of America’s most distinguished journalists came to Suffolk University to be presented with the Ford Hall Forum’s 2019 First Amendment Award. Marty Baron was the former editor of the Boston Globe from 2001 to 2012, and is the current executive editor of The Washington Post.

“The Forum honors you for your powerful, dogged, determined and fearless defense of the First Amendment, one of the greatest constitutional rights in our country,” said Susan Spurlock, the executive director of the Form Hall Forum, as she presented Baron with the award.

Following the presentation, Baron sat down for a discussion about journalism with NPR’s Meghna Chakrabarti.

Baron said his passion for journalism began in his childhood home in Tampa, Florida. His parents were both immigrants, which fueled an interest in what was happening both in this country and around the world. Their media habits included reading the local newspaper, receiving their weekly Time Magazine and watching network and local news channels every evening.

Newsrooms under Baron have won a plethora of awards, including 16 Pulitzer Prizes. Six of those were earned while he was the executive editor of the Boston Globe. The Globe was awarded the Pulitzer Prize for Public Service in 2003 for its investigation into clergy sex abuse in the Catholic Church.

“The day before I was to start, on that Sunday there was a column by Eileen McNamara, a regular columnist at the Globe, and she talked about the case of a particular priest, John Geoghan, who had been accused of abusing as many as 80 kids, and at the end of the column she pointed out that the lawyer for the plaintiffs had alleged that the cardinal himself, Cardinal Law, was aware of this abuse and yet reassigned this particular priest from parish to parish,” said Baron in an interview with The Suffolk Journal.

“At the end of the column she said, ‘the truth may never be known,’ which is like chum to journalists. If you say the truth may never be known, well the truth should be known and we should be going after it,” said Baron.

“The story of the Globe’s Spotlight team investigation into the Catholic Church was later portrayed in the Academy Award-winning film ‘Spotlight.’ Baron has seen the film and believes it gave great insight into how journalism is actually practiced. It was terrific in terms of reminding publishers and owners and editors the importance of investigative journalism, and then reminding the public of why we need investigative journalism,” said Baron to The Journal.

“On behalf of Suffolk University I want to say we are especially honored to have Marty Baron with us tonight. Whether it was during your time at Morrissey Boulevard or now in our nation’s capital, we have admired your integrity and your unwavering commitment to the spirit of the First Amendment,” said Suffolk University President Marisa Kelly during the forum.

“From near and afar we have read as you and the dedicated journalists that you have led have sought out the truth and brought it to light.”
Student Government Association’s new E-Board looks forward to another year at Suffolk

New E-Board President Karine Kanj and new Vice President Oba Oseghali

Caroline Enos
News Editor
@CarolineEnos

The newly elected Student Government Association (SGA) E-Board for the 2019-2020 academic year hopes to ensure that students know where to turn if they want to see change at Suffolk University.

“SGA can help students by being their voice on campus,” said SGA Secretary Cat Seaver. “SGA works with administration throughout the year and can help express student’s thoughts, concerns and ideas to the administration.”

Along with Seaver, the new E-Board consists of Vice President Oba Oseghali, Treasurer George Yeghyayan and President Karine Kanj.

“I am here to serve as the link between the undergraduate students and administration,” said Kanj. “I am here to listen and advocate for the students. I am here to support and guide you. I am here to make Suffolk a better institution for you and for our future Rams.”

Upcoming Student Government Association E-board Secretary Cat Seaver and Treasurer George Yeghyayan

Kanj, a junior government major with a concentration in law and public policy, has been a senator for the class of 2021 since the fall of her freshman year. She has sat on most of SGA’s sub-committees, including the Student Judicial Review Board and Constitutional Review Committee, and helped promote and support Suffolk’s Athletic teams as the 2018-2019 Student Affairs Chair.

“My goals for the 2019-2020 academic year are to continue and grow the great work our organization has done,” said Kanj. “I hope to maintain and increase our inclusivity. One of my bigger goals is to create a scholarship fund in sponsoring a refugee in need of education.”

Oseghali has also brought awareness to social justice issues in his time at SGA. He is a member of the Diversity & Inclusion Committee, where he helped push for more inclusive bathroom signage at Suffolk. He now looks to further foster diversity on campus as SGA’s vice president.

Yeghyayan is a government major with a concentration in biochemistry major, was a senator and speaker for the class of 2022 and was a member of the Diversity & Inclusion Committee, where he helped push for more inclusive bathroom signage at Suffolk. He now looks to further foster diversity on campus as SGA’s vice president.

Yeghyayan has also brought awareness to social justice issues in his time at SGA. He is a member of the Diversity & Inclusion Committee, where he helped push for more inclusive bathroom signage at Suffolk. He now looks to further foster diversity on campus as SGA’s vice president.

“Each student should essentially voice their concerns respectfully, represent their peers and constituents. “I hope to maintain and increase our inclusivity. One of my bigger goals is to create a scholarship fund in sponsoring a refugee in need of education.”

As treasurer, Yeghyayan hopes to make sure SGA’s budget is used effectively over the course of the 2019-2020 academic year.

“My primary goal for next year is to give everyone the best experiences possible with the budget that we have,” said Yeghyayan. “Not only do I think it’s possible, but I’m confident next year will be a standout year for the student body.”

Seaver, a senior government major with a concentration in law and public policy and a minor in entrepreneurship, has served as a senator since her freshman year, was the speaker for the class of 2020, was vice chair of the Public Relations Committee and has been a member of the Housing & Facilities Committee and Finance Committee. Her own goal for the next academic year is to help SGA senators become more involved in events put on by other clubs and organizations, as well as have better communication with their constituents.

“Each student should familiarize themselves with their class senator and even the senate in general,” said Kanj. “These elected senators serve for this reason: to represent their peers and constituents respectfully, to essentially voice their concerns and bring this to the attention of the executive board.”

Students can speak up about issues in the open-forum portions of SGA’s weekly meetings every Thursday from 12:15-1:30 p.m. in Room 918 of the Samia Academic center, visit SGA during its office hours in room 324C of the Sawyer Building, or contact SGA through its Twitter, Facebook page or email. Incoming freshmen looking to get involved in SGA can run for a senator position in the fall or become a non-elected general member after they attend three general meetings.

“SGA is for the students, by the students,” said Oseghali. “We are always here to help and voice all concerns for the student body.”
Commencement ceremonies send off Suffolk graduates

From 2019 - 1

2,137 Suffolk University graduates gathered at the Rockland Trust Bank Pavilion to receive their degrees in a three-part ceremony on Sunday, May 19. Friends, family, fellow classmates and professors celebrated alongside the graduates.

The Sawyer Business School (SBS) commencement kicked off shortly after 9 a.m.

Suffolk University President Marisa Kelly was unfortunately unable to attend the festivities due to a death in her family, but Acting Provost Sebastian Royo spoke on her behalf, noting that “our hearts are with her.” Royo congratulated the class for the long hours and hard work they put forth in order to earn their degrees. He also commended the graduates for logging over 30,000 hours of community service.

Malik Richard, the Sawyer Business School (SBS) undergraduate student commencement speaker, spoke about coming to Suffolk from Anguilla, a small island in the Caribbean that measures no more than 35 square miles. He explained that “the university in the fall to graduate student. However, all of his years of hard work thus far were rewarded the moment he crossed the stage to receive his degree.

"They said that your goals come at a cost of your sweat, your patience, your sacrifice, and yes, your sleep,” said Richard during his speech. “So, whenever you feel like giving up, always remember why you have started.”

Richard’s time at Suffolk has not yet ended as he is set to return to the university in the fall to pursue his MBA as a graduate student. However, all of his years of hard work thus far were rewarded the moment he crossed the stage to receive his degree.

"All the trials and tribulations you have endured was worth it in those few moments where your name is called and you glide across the stage. You literally bask in the moment of hard work and perseverance," he said in an interview with The Suffolk Journal.

Gene Lee, the president and CEO of Darden Restaurants Inc. and a Suffolk alum, spoke to the SBS graduates. He shared anecdotes from his own life and career and gave them advice for their lives post-graduation.

"There are three types of people in the world. Those who are watching what's going on, those who are watching what's going on, and those who are making things happen,” said Lee.

To conclude his speech, Lee surprised the graduates with a $100 gift card to any of the Darden restaurants, which includes Olive Garden, LongHorn Steakhouse and Yard House, among others. “Now, you may not remember a word I said today, but hopefully you will remember me as the guy who bought you dinner,” said Lee.

The commencement for Suffolk’s College of Arts and Sciences (CAS) followed directly after the SBS ceremony.

Ruth E. Carter, an award-winning costume designer who is known for her work in countless films and won an Oscar for best costume design in the 2018 Marvel Studios film “Black Panther,” addressed the CAS graduates.

She shared experiences from her life after graduating from Hampton University and challenged the graduates to step outside of their comfort zones.

“Graduates, take an adventure. Take chances and be unpredictable. You have your whole life to live by the book,” she said. “If I hadn’t have taken a chance all those years ago, I wouldn’t be standing before you today. So, take the chance.”

Morgan Robb, the 2018-2019 SGA president, is grateful for her time at Suffolk, and said that she will remember sitting alongside the class of 2019 on graduation day for the rest of her life.

“This was a very special year at Suffolk, and I’m so proud and lucky to have been a part of it. We held a successful senior week for our graduates to get to celebrate, and we were able to pull together the largest class gift ever to give back to Suffolk,” said Robb to The Journal. “Graduating college is a special accomplishment and to get to celebrate and have those memories is so special and something that I am very grateful for.”

This week in SGA...

Logan Casey, member of the class of 2022, spoke to senators at SGA’s final general meeting for the year about his concern that the organization did not properly advertise its resolution on arming the Suffolk University Police Department (SUPD) before it was passed in a 23-11 vote on April 4.

The resolution recommends that the university arm only sworn police officers who have successfully passed psychological evaluations and firearm trainings. It will go to a vote with the Board of Trustees in June.

“I understand that it’s incredibly hard to get people to interact with [SGA]—but with such a large and momentous resolution that has huge implications for Suffolk, I really didn’t see and I’m still questioning why more people don’t know about this,” said Casey.

Casey told the senators that the first time he heard about the resolution was on the front page of The Suffolk Journal after it had been voted on. While Casey commended SGA for holding a forum with SUPD about arming the force in February and publishing several surveys to collect data on whether or not students wanted SUPD to be armed, he said that the advertising of these events and surveys did not reach enough of the student body, including himself.

“The problem that I see is that Suffolk, specifically SGA, made a vote and passed a resolution that didn’t necessarily look at the full Suffolk community and it didn't necessarily take into account everyone’s opinion,” said Casey during the meeting.

Casey also said the surveys only represented a small portion of the student body, as the survey sent to students by SGA during the 2018 spring semester was only answered by about one-fifth of the student body, and did not include the class of 2022.

While some senators said during the meeting that they agreed SGA should have advertised the resolution, the SUPD forum and the surveys better, Kostas Loukos, Class of 2021 senator and author of the resolution, disagreed.

“54% of the people who took the time to vote in that survey said that they were in favor of it,” said Loukos during the meeting. “If [students] don’t take the time to go into [their] inbox and vote in a survey, to me that seems like [these students] don’t care [about the resolution].”

He said the resolution was effectively advertised as he ensured the status of the resolution was mentioned in the minutes of many SGA general meetings, which are posted on SGA’s social media. He also said information about the SUPD forum and when SGA would vote on the resolution was shared on social media by SGA and many of the senators.

Lukas Phipps, commuter student senator-at-large, said SGA should do its best to serve and communicate with the students as effectively as it can.

“We’re not going to go back to the old conversation [about whether or not to arm SUPD],” said Phipps at the meeting. “We have the new conversation. With the new conversation, we can have new ideas and maybe new protocol.”
Tensions between the United States and Iran are heading to an all-time high. Fears grow of an Iranian-sponsored attack on U.S. forces stationed in neighboring Iraq. President Donald Trump ordered all non-essential personnel to evacuate and has deployed warships and a bomber squadron in the Persian Gulf to thwart any kind of aggression. Another war in the Middle East is the last thing anyone wants. Trump needs to tread carefully, as this one has the potential of becoming apocalyptic.

The catalyst of this situation is the 2015 Joint Comprehensive Plan of Action, better known as the Iran nuclear deal. Signed by then-President Barack Obama and other world leaders, this deal aimed to stifle Iran’s ability to develop a nuclear weapon. So long as Iran complied to the clauses, major long-standing economic sanctions would be lifted in exchange, according to the Center for Strategic and International Studies.

Over the past year, sanctions have been fully reinstated on Iran by the U.S. Trump hopes to reduce Iran’s exports to zero, effectively crippling its economy. He has even gone so far as to urge other cosigners and Iranian trade partners to follow suit, according to the Los Angeles Times and Al Jazeera.

It is believed by experts that Trump wants to force Iran into a better deal, or to undermine the stability in the country enough to ignite a government overthrow by the angry populace.

However, Trump seems to ignore that without an agreement like the Iran nuclear deal, there is nothing preventing the nation from developing a nuclear weapon. CNN reports that Iran will not negotiate with the U.S. unless it shows respect and consistency in negotiating. Iranian officials are frustrated, as they abide by all the clauses in the Iran nuclear deal.

The International Atomic Energy Agency (IAEA), the organization in charge of overseeing nuclear activity around the world, reported that Iran has not continued to enrich uranium, a preliminary but fundamental step in creating nuclear weapons, nor have they increased the amount of nuclear centrifuges.

Like many decisions he makes, Trump avoids concrete evidence given to him by agencies like the IAEA or the CIA. The presence of U.S. warships and warplanes in the Persian Gulf causes panic in the lives of both Iranians and Americans.

This would be the third war in the Middle East in the last 20 years, and that’s not counting the current conflicts in Syria or Yemen. The Iraq War power vacuum gave way to the Islamic State terrorist organization and the Afghanistan War is often compared to the prolonged and deadly Vietnam War.

The intimidation the U.S. demonstrated gave way to unverified reports by The New York Times to claim Iran has begun arming small vessels in the Gulf with missiles in response. However, British military intelligence has reported that no such event has been confirmed. Additionally, Saudi Arabia claims that several of its oil tankers and pipelines were attacked by Iranian forces, but again, this cannot be confirmed.

Trump’s saber-rattling approach confuses some, as both he and the supreme Iranian ruler, Ayatollah Khamenei stated that they do not want a war. Trump’s actions, whether he knows it or not, tells otherwise. On May 19, Trump beligerently tweeted, “If Iran wants a fight, that will be the official end of Iran, never threaten the United States again!”

What makes this situation even more complicated is that Trump is contradicting himself — surprise — as just last year he announced he would fulfill another one of his campaign promises by withdrawing all U.S. troops from Syria and later, the troops in Afghanistan.

Given the already tense situation in the Middle East, a war with Iran may quickly become out-of-control. Saudi Arabia and Iran are currently engaged in a proxy war, in which they pit rebel militias and government forces against one another in Yemen. The U.S. is backing Saudi Arabia. Trump has many business interests throughout the Arabian peninsula, and its oil reserves are highly desired. His family also has close relations to Saudi Arabia’s Crown Prince Mohammad Bin Salman. Iran, with large oil reserves of its own, is backed by President Vladimir Putin, thus forming a meta proxy war between Russia and the U.S. This has the potential to become a large-scale war, one Trump absolutely needs to avoid.

The effect of sanctions are becoming worse by the week. Iran is faced with a critical issue of maintaining stability. Iran’s president, Hassan Rouhani, recently tweeted that the nation is experiencing the worst economy in 40 years. This will take a huge toll on the civilian population, as food shortages and riots will likely occur.

Chris Sadrnoori
Journal Staff

As controversy surrounding the UK’s departure from the EU continues, British Prime Minister Theresa May has officially announced her resignation. May had proposed her Brexit strategy three times, and it was rejected each time. As the timetable grew wider for the UK’s exit, the pressure on the PM mounted. Parliament members and even those staffed in her own cabinet began to openly oppose her, and while a vote of no confidence last year was not passed, it set the timer for May’s eventual resignation. May will remain in office as Conservative Party leader until June 6 and for however more time is required for a new party leader to be chosen. The new Conservative Party leader will take over the role of British prime minister once the time comes, and the Brexit deal, moving forward, will be greatly influenced by whoever becomes May’s successor.
Beyond the Lens: Suffolk professor travels world to teach students the discipline of photojournalism

Shayla Manning
Journal Staff
@shaylamanning37

In the fast-paced and competitive nature of higher education, it can often be a rarity to come across a professor who goes above and beyond to help students navigate learning and execute work in their field of interest. For Suffolk’s photojournalism professor Ken Martin, his years of experience not only as a photographer, but as a mentor, have given every one of his students the attention they need to succeed in photographing their own specialized work.

When Martin first came to Suffolk in 1981, the Journalism Department chair asked him to teach a darkroom portion of a summer photography class. The class, an Urban Journalism workshop, sparked his love for teaching photography.

Through programs under The Dow Jones News Fund and Action For Boston Community Development (ABCD), Martin was able to teach minority and underprivileged youth how to operate a camera and take quality photographs. After several summers of teaching, he went on to teach during a Suffolk course, which eventually led him to become a faculty member in 1989.

Martin’s love for capturing life through the lens blossomed during his college years.

“History got me into it. I was a history major in college, and even since childhood I always thought about how cool it would be to be there when these things were happening, and take part somehow,” said Martin in an interview with The Suffolk Journal.

“Then I discovered photographers could do that too,” said Martin. “I enjoyed that experience, but I had no idea of teaching then,” said Martin. “When I was in college, I just wanted to get out and study history, art and many other subjects, just to get that good knowledge base. It’s important to do that with any career you’re going into.”

Following the summer courses, Martin went on to complete a two-year program at New England School of Photography, majoring in editorial journalism, at 27 years old. Combining his love for capturing history as it happened and helping those around him, Martin then began teaching.

Martin currently teaches a Photojournalism course through the Communication and Journalism Department at Suffolk. But through his time here, he has brought students all around the globe to learn what it means to take meaningful photos that will stand the test of time.

“Journalism is the study of time, and we do the visual part of that,” said Martin. “But you can’t do it all in one class.”

His one semester course condenses all the disciplines of the courses he took as a student, allowing students to learn how to operate their camera, take impactful photos and what it means to make it in the industry. However, Martin believes the most important aspects of his teaching come from sharing stories.

“If a photographer can give an example from their own life experience, that’s so important. That’s the story you need to tell students. Or the experience of other photographers, and how they handle situations in their lives,” said Martin.

Aside from his one class, Martin has proposed a new course for next semester under Creativity and Innovation, where he worked in the idea of an extended photo essay, a collection of about five to 10 photos that tell a story in longform, usually in books or magazines. He has chosen the subject of Edward S. Curtis for the class, an American photographer whose work focused on the American West and Native Americans.

“Somebody once said if you want to learn about photojournalism, study everything else. Because again, it’s that knowledge base,” said Martin. “You have to really know what you are photographing, and have a good sense of the world. So, study it all. Do study abroad, study history, science, music, archeology, keep your mind open. Then, once you learn to use your camera, you can blend those aspects together.”

Martin has also taught courses in Suffolk’s campus in Madrid and the former Dakar campus in Senegal, West Africa, as well as Italy.

For Martin, the experience is where it all meets. While he teaches students to learn how to make the pictures first, then develop their own individual style, studying and learning from the world around is what makes for a good photographer.

“I look for that transplant of just doing it, to doing it well,” said Martin. “In the field of photojournalism, we’re looking for visual impact. Some people have an easier time with it than others do, and when you notice that in a student, you know they’re someone special. But it doesn’t just happen.”

Beyond his classes here at Suffolk, Martin will be teaching a three-credit class in the summer through the American University of Armenia in Yerevan. While it is not offered to Suffolk students, Martin is looking forward to teaching students photography through the context of Armenian culture and history.

Martin’s wide range of experience and knowledge of culture and the art of photography gives students a lot more to take away from a class than other courses at Suffolk that are not as interactive. While his class is an important step in learning how to be a photographer, his advice to students is to do it all.

“You cannot just be a photographer anymore,” said Martin. “You have to know a lot of things to make it work. If you want to survive, you have to do a lot more. That’s where all those other aspects come together to make you a more complete person. Just specializing in one thing doesn’t make the person.”
Star-studded cast and comical screenplay in ‘Wine Country’ will leave viewers chuckling

Morgan Hume
Arts Editor
@morganhume

Whether it’s pinot grigio or merlot, this group of six lifelong best friends always have a glass of wine within reach as they embark on the ultimate girls-only weekend in the hilarious Netflix original film “Wine Country.”

The movie follows a tightknit circle of middle-aged women who met each other while waitressing at a pizza shop in Chicago when they were younger. As they grew older, they took different paths in life as some settled down to start a family while others threw themselves into their careers. But in celebration of Rebecca, played by Rachel Dratch, turning 50, they find the time to rent a house in California’s Napa Valley to reunite for a boozy vacation.

The comedy features a star-studded cast, including Amy Poehler, Tina Fey, Maya Rudolph and Ana Gasteyer, who were each cast members on the TV series “Saturday Night Live.” Each actress effortlessly made their character their own by bringing out their distinct personalities and individual styles of humor.

The actresses’ long history of working together radiates on screen as they all share incredible chemistry with each other. It felt like the viewer is part of the friend group and included in all their inside jokes, instead of just watching from the outside. From their quick humor to their exceedingly honest conversations, everything felt natural because they share a friendship in real life as well as in the film.

Uproarious one-liners that were timed perfectly were thrown in throughout the film, such as when house owner Tammy, played by Fey, bluntly whispers about how the other friends are acting annoying while visiting a vineyard. One of the best scenes was at the end of the film when Rebecca accidentally falls down a steep slope at one of the vineyards after throwing out her back, quite literally making her way “over the hill.”

However, there is also a handful of darker moments, like Naomi, played by Rudolph, being too afraid to receive her results after being tested for cancer, or Abby, played by Poehler, struggling with losing her job. No matter how silly or serious the trip becomes, by the end, the women finally open up about the secrets they’ve been holding in and leave the wine country realizing that their bond is unshakeable.

The majority of the jokes in the film relate more to an older generation, such as the scenes where the women repeat their catchphrase “things we say now,” which they say whenever they mention something they would have never said when they were younger, like complaining about their medication or raising their kids. However, younger viewers will still find themselves chuckling at the women trying to have meaningful conversations when they’ve had too many glasses of rosé or the fact that their age never stops them from having a wild night out on the town.

The reason why their jokes were so funny and dialogue so engaging is no mystery. The same ladies featured on screen were also the ones working behind the scenes. Former “Saturday Night Live” writers Emily Spivey and Liz Cackowski, who played Jenny and Lisa, wrote the brilliant screenplay while Poehler directed the film. Even after years of writing and acting, these experienced performers have never lost their sense of humor or amusement.

“Wine Country” is now available for streaming on Netflix.
The Head and the Heart effortlessly blend folk and rock in latest album

Over the past decade, folk-rock band The Head and the Heart has been creating profound music while gaining countless fans along the way. The beloved group released its fourth studio album on May 17 titled "Living Mirage," which beautifully blends meaningful lyrics and catchy rhythms.

The Head and the Heart is known for having a soft sound, but the band branches out on its latest album to experiment with a heavier use of drums and piano to create infectious rhythms. For instance, the lively drums that carry the song "Missed Connection"—which was ranked No. 2 on the Billboard chart for adult alternative songs at this writing—are irresistible to tap your foot along to while singer Jonathan Russell's voice remains smooth and light. The fusion of airy vocals and upbeat instrumentals create the perfect crossover between mellow folk songs and danceable rock tracks.

Two of the band's vocalists, Russell and Charity Rose Thielen, deserve extra recognition for their killer voices. Russell beautifully commands his voice perfectly through each song, hitting every misty high note and strongly belting out the rest. His wide vocal range is showcased both in his solos and alongside Thielen. Russell and Thielen's voices intertwine on a number of tracks throughout the album, like "Honeybee," where they bounce back and forth between lead and back-up vocals. Neither of the singers overpowers the other as they masterfully mix their voices into one delicate unit.

In addition to fantastic vocals, the rest of the band helps piece together each song by skillfully playing percussion and string instruments. Some songs strongly rely on the acoustic guitar, like the raw and expressive track "Glory of Music," but others have a rockier vibe as they use more electric guitar and keyboard. Little touches in tempo and instrumentals are added in some parts that make certain songs sound different than the band's typical style; but nevertheless, the album flows nicely. There is a balance between dulcet and danceable tracks.

Like their previous records, "Living Mirage" is a poetic album that expresses feelings about deep themes like love and heartbreak. The track "See You Through My Eyes," for example, talks about how people are unable to have real relationships with others until they understand how to appreciate themselves first, as the line "Until you learn to love yourself, the door is locked to someone else" suggests. Between the lyrics, vocals and instrumental work, it is safe to say that "Living Mirage" will please both die-hard fans and new ears. To hear The Head and the Heart perform their new music live, see them at their upcoming concert in Boston at the Agganis Arena on Oct. 12.
Ah, nostalgia. One of the most dangerous, and rewarding, of human emotions.

As the time you get onto campus in the fall, you’re going to experience a roller coaster of emotions. You’ll see campus for the first time, and you’ll run around with our childhood friends causing trouble, doing whatever it was we did.

Due to the nature of Suffolk’s location, this city will quickly become your home. No, you may not get that “campus feel,” but in reality, you don’t need a fenced-in campus to get one. You’re here, now, for a reason. You have to take advantage of all the things this city and this school offer, because no matter where you are, everything is as good as you can make it.

The key reasons you should throw yourself into something on campus and into your classes, as all of us at The Journal have done. We know that without the folks we sit in our office with, our experience here wouldn’t even be half of what it is.

As incoming freshman, you should quickly do the same. Class of 2023, don’t sit in your rooms when you get here. Go to Fenway and get student nines. Ask the people on your floor to go to a concert with you. Get together on a Saturday night with the kids you met at orientation — responsibly, of course.

These next four years will be some of the most formative of your lives. You’ll stumble and struggle at times, but you’ll persevere. You will make and lose friends; you may fall in and out of love; you may wonder if what you once thought you wanted to study still is.

But you’ll learn a lot about yourself and you’ll learn a lot about what type of mark you want to leave on this Earth — hopefully, a good one. You’ll learn that this life of ours is not perfect, but there is beauty all around us. Leave this world a better place than you found it.

You may not learn quickly. It may take a cathartic experience or two, or a handful of mistakes, or both. But being in college, at Suffolk and in Boston — with all of the different perspectives on campus and off — there will be no shortage of people to look up to and learn from.

Do the things that make you happy with people that make you happy. Homesickness is inevitable for many, but in college and in this new chapter of your lives, you’ll meet people that you’ll remain friends with forever. You’ll soon be accustomed to the city, your new living situation, the train — oh, Lord — and all the adjustments you’ll have to make will soon be made. So many of us walked into the office that first week of our freshman year trying to enjoy, essay, and above all, scared out of our minds. We didn’t know anyone. Many of us were hundreds of miles from home without our families and friends for the first time.

As freshmen, you have to invest time and energy into finding your place on campus and finding friends whom you will share memories with for the rest of your lives. It will only help you moving forward. It is the people you meet that make this entire experience worth it. It is they who get you through, whom you’ll look at in just under four years and thank for everything they’ve done.

Suffolk University, like all universities, was founded on the belief that human advancement was dependent upon the pursuit of reason, logic and scientific discovery. Through strong academic rigor, academia could expand human knowledge. This fundamental belief in using tools cultivated over centuries to better the lives of people today has unfortunately been over-looked by a large segment of students attending university today.

Ask someone you know if they know who Socrates, Plato or Aristotle were. Have they ever read Aquinas, Cicero, Locke or Hobbes? In order to ensure the continuation of Suffolk’s purpose as a university dedicated to the advancement of human knowledge, a course in the classics should be made mandatory for all undergraduate students.

Suffolk does a great job of being a true liberal arts school (in our CAS). Students are required to take, among other classes, mathematics, writing, English, science and a foreign language in certain programs. This broad approach to learning is helpful, but can be made better. A thorough study of classical philosophy, with an emphasis on Greco-Roman and Enlightenment thinkers is vital to the preservation of Suffolk’s core mission.

Suffolk does a great job of being a true liberal arts school (in our CAS). Students are required to take, among other classes, mathematics, writing, English, science and a foreign language in certain programs. This broad approach to learning is helpful, but can be made better. A thorough study of classical philosophy, with an emphasis on Greco-Roman and Enlightenment thinkers is vital to the preservation of Suffolk’s core mission.

The entire notion of “checks and balances” comes from Machiavelli’s “The Prince,” where he argued that a successful leader does not need “passion with passion.” You cannot understand the uniquely American system of government that we live under without understanding the philosophy and history that was considered at the time of its founding. A university like Suffolk, which prides itself on its fantastic government and law programs, must teach its students the philosophy that supports American government and law.

There’s a reason why the scientific method is still the standard operating procedure for students majoring in STEM. There’s a reason why Suffolk’s seal prominently features “Honesty” and “Diligence” in Latin. A firm grasp of classical and neo-classical philosophy is vital to the pursuit of knowledge and the maintenance of American government. Make the classics mandatory; it’s the only surefire way to preserve what is good and what is true.

The Suffolk Journal: Want to get some clips to use later in your career?

During the year, meetings are every Tuesday at 12:15pm in Sawyer 9308.

The Suffolk Journal: Do the things that make you happy with people that make you happy. Homesickness is inevitable for many, but in college and in this new chapter of your lives, you’ll meet people that you’ll remain friends with forever. You’ll soon be accustomed to the city, your new living situation, the train — oh, Lord — and all the adjustments you’ll have to make will soon be made. So many of us walked into the office that first week of our freshman year trying to enjoy, essay, and above all, scared out of our minds. We didn’t know anyone. Many of us were hundreds of miles from home without our families and friends for the first time.

As freshmen, you have to invest time and energy into finding your place on campus and finding friends whom you will share memories with for the rest of your lives. It will only help you moving forward. It is the people you meet that make this entire experience worth it. It is they who get you through, whom you’ll look at in just under four years and thank for everything they’ve done.
When ‘pro-life’ isn’t pro-life

Nick Viveiros
Asst. Opinion Editor @thenickviveiros

Over the last few months, a handful of red states enacted laws restricting or outright banning access to legal abortions.

Between mid-March and early May, the governors of Georgia, Ohio, Utah and Mississippi signed bills banning abortion after a fetal heartbeat can be detected without any exceptions for cases of rape or incest. Other states have followed.

And then, on May 15, Alabama did what it tends to do — it out-conservatized all four of those states and pretty much every other state in the country.

Republican Gov. Kay Ivey signed what many are calling the most extreme restrictions on abortion ever enacted post-Roe. The bill, passed overwhelm-
ingsly by both chambers of the state legislature, outlawed abortion in every state, with no exceptions for rape or incest. Doctors who perform abortions will, when the bill takes effect, be committing a felony punishable by up to 99 years in prison — as good as a life sentence.

When these politicians claim to be “pro-life,” they’re trying to obscure the fact that they’re actually just anti-abortion. They don’t care about that child once the child is born. They’d like to see newborns and their families be denied public assistance and health care — two lifelines for actually keeping people alive.

Of course, when countered with these facts, they’ll do what any self-respecting politician does. They’ll lie about it. They’ll tell you that once you commit a heinous enough crime, your life is no longer sacred as someone else’s. That “all life really means something” and that every life is precious and that every life is sacred.

But Ivey did. She signed what many are calling the most extreme restrictions on abortion ever enacted post-Roe. “I will say in this instance, ‘I fought for the lives of innocent babies, even under threat of legal action.’”

Ivey said, “This legislation stands as a powerful testament to Alabamians’ deeply held belief that every life is precious and that every life is a sacred gift from God,” as people gathered to watch her sign Alabama’s new law.

They are lying to you, and they have absolutely zero shame about it.

Take Mississippi, for example. The state ranks 50th — dead last — in health care, according to U.S. News & World Report. The maximum assistance a family of three can claim from the government is a whopping $170 a month, per state law. Bryant turned down Medicaid expansion, which would’ve insured thousands of Mississippians.

Nevermind Alabama. 46th in health care. A state that almost elected serial child predator Roy Moore as their Senator. And Ivey? Twenty-four hours after she signed the abortion bill, Ivey signed a warrant to execute one of the state’s 191 death row inmates, the seventh such warrant she’s signed while in office.

She’s so pro-life she’ll kill you.

There are so many other issues with anti-choice abortion bans. As conservatives always parrot when you suggest they try to protect life by making it harder for citizens to obtain firearms, bans don’t work — apparently unless you’re banning same-sex marriage, same-sex adoption, immigration, and as Alabama tried to do, sex toys and pornography.

And then, there’s that truism we all must remember when fighting for reproductive rights: if it’s not your body, it’s not your decision to make. That’s it. It’s as simple as that. You, as a person, have the right to bodily autonomy. A right that far trumps almost every other right.

And yet that needful fact is completely lost to

Laura Marina
Journal Contributor

The fast-food chain Chick-fil-A has now been banned from two airports across the United States: San Antonio International Airport and New York’s Buffalo Niagara International Airport in Cheektowaga.

The restaurant chain has faced backlash before, due to the controversial actions of its CEO, Dan Cathy, who reportedly made donations to anti-LGBTQ+ organizations and his public comments opposing gay marriage.

As of 2018, Chick-fil-A was reportedly still making donations to anti-LGBTQ+ organizations.

Many universities across the nation have taken a stand by banning the fast-food chain from selling its food on campus.

People are boycotting Chick-fil-A because of its alleged anti-LGBTQ+ CEO, but where are the boycotters when it comes to speaking up about the music festival Coachella, whose CEO has been speculated to be anti-LGBTQ+ and receives donations from conversion camps and anti-gay organizations?

People are boycotting businesses that don’t affect their lives directly. What I mean is this — what’s easier to give up, a chicken sandwich or a delicious, exclusive, hip and exciting music festival where all your favorite celebrities, influencers and mainstream artists go to perform? People wouldn’t care about not going to a fast food chain, but would definitely care about not attending one of the most famous festivals in the country.

By protesting a fast-food chain, all you really lose is food you might not even like in the first place. If people were to protest against Coachella, there would be an outpouring of support; influencers would lose sponsorships and ad revenue due to them promoting the music festival as well as other products.

Celebrities would be canceled for showing up, or even performing at the festival, and would probably lose sponsorships, too. Even regular working-class people would be in trouble for attending and missing out on what could be a great life changing experience. All of these attendees could be pro-LGBTQ+, or even be part of the LGBTQ community themselves, but would they then be deemed monsters? Homophobic? In favor of anti-gay thoughts and opinions?

Does this now mean that any person who has ever eaten at Chick-fil-A is a homophobe? Do these people deserve to be bashed, all for eating at a restaurant, whose CEO supports anti-gay organizations? Do the employees deserve hate? Most are just working at a job for minimum wage, to make a living. To a lot of people, if you have ever eaten at Chick-fil-A, some might deem you are now a monster who is homophobic.

And while these two concepts (Coachella and Chick-fil-A) have been boycotted, attendance for both businesses have skyrocketed since the backlash. It means people don’t actually care.

In the end, the importance of this issue lies in the individual. If you personally decide not to eat at Chick-fil-A because of your own reasons? That’s fine. If you decide to not attend Coachella? That’s fine too. In the end, the difference we make is how it makes a difference in our own beliefs.

I have never been to Coachella or Chick-fil-A, but if the opportunity presented itself to attend, who knows? I might go. And that does not mean I am anti-LGBTQ+ or support conversion camps.

Using a company’s services does not equate to endorsing its ideas

Coachella Music Festival

Courtesy of Pixabay

Laura Marina
Journal Contributor

The fast-food chain Chick-fil-A has now been banned from two airports across the United States: San Antonio International Airport and New York’s Buffalo Niagara International Airport in Cheektowaga.

The restaurant chain has faced backlash before, due to the controversial actions of its CEO, Dan Cathy, who reportedly made donations to anti-LGBTQ+ organizations and his public comments opposing gay marriage.

As of 2018, Chick-fil-A was reportedly still making donations to anti-LGBTQ+ organizations.

Many universities across the nation have taken a stand by banning the fast-food chain from selling its food on campus.

People are boycotting Chick-fil-A because of its alleged anti-LGBTQ+ CEO, but where are the boycotters when it comes to speaking up about the music festival Coachella, whose CEO has been speculated to be anti-LGBTQ+ and receives donations from conversion camps and anti-gay organizations?

People are boycotting businesses that don’t affect their lives directly. What I mean is this — what’s easier to give up, a chicken sandwich or a delicious, exclusive, hip and exciting music festival where all your favorite celebrities, influencers and mainstream artists go to perform? People wouldn’t care about not going to a fast food chain, but would definitely care about not attending one of the most famous festivals in the country.

By protesting a fast-food chain, all you really lose is food you might not even like in the first place. If people were to protest against Coachella, there would be an outpouring of support; influencers would lose sponsorships and ad revenue due to them promoting the music festival as well as other products. Celebrities would be ‘canceled’ for showing up, or even performing at the festival, and would probably lose sponsorships, too. Even regular working-class people would be in trouble for attending and missing out on what could be a great life changing experience. All of these attendees could be pro-LGBTQ+, or even be part of the LGBTQ community themselves, but would they then be deemed monsters? Homophobic? In favor of anti-gay thoughts and opinions?

Does this now mean that any person who has ever eaten at Chick-fil-A is a homophobe? Do these people deserve to be bashed, all for eating at a restaurant, whose CEO supports anti-gay organizations? Do the employees deserve hate? Most are just working at a job for minimum wage, to make a living. To a lot of people, if you have ever eaten at Chick-fil-A, some might deem you are now a monster who is homophobic.

And while these two concepts (Coachella and Chick-fil-A) have been boycotted, attendance for both businesses have skyrocketed since the backlash. It means people don’t actually care.

In the end, the importance of this issue lies in the individual. If you personally decide not to eat at Chick-fil-A because of your own reasons? That’s fine. If you decide to not attend Coachella? That’s fine too. In the end, the difference we make is how it makes a difference in our own beliefs.

I have never been to Coachella or Chick-fil-A, but if the opportunity presented itself to attend, who knows? I might go. And that does not mean I am anti-LGBTQ+ or support conversion camps.

Using a company’s services does not equate to endorsing its ideas

Coachella Music Festival

Courtesy of Pixabay

Laura Marina
Journal Contributor

The fast-food chain Chick-fil-A has now been banned from two airports across the United States: San Antonio International Airport and New York’s Buffalo Niagara International Airport in Cheektowaga. The restaurant chain has faced backlash before, due to the controversial actions of its CEO, Dan Cathy, who reportedly made donations to anti-LGBTQ+ organizations and his public comments opposing gay marriage. As of 2018, Chick-fil-A was reportedly still making donations to anti-LGBTQ+ organizations. Many universities across the nation have taken a stand by banning the fast-food chain from selling its food on campus. People are boycotting Chick-fil-A because of its alleged anti-LGBTQ+ CEO, but where are the boycotters when it comes to speaking up about the music festival Coachella, whose CEO has been speculated to be anti-LGBTQ+ and receives donations from conversion camps and anti-gay organizations? People are boycotting businesses that don’t affect their lives directly. What I mean is this — what’s easier to give up, a chicken sandwich or a delicious, exclusive, hip and exciting music festival where all your favorite celebrities, influencers and mainstream artists go to perform? People wouldn’t care about not going to a fast food chain, but would definitely care about not attending one of the most famous festivals in the country. By protesting a fast-food chain, all you really lose is food you might not even like in the first place. If people were to protest against Coachella, there would be an outpouring of support; influencers would lose sponsorships and ad revenue due to them promoting the music festival as well as other products. Celebrities would be ‘canceled’ for showing up, or even performing at the festival, and would probably lose sponsorships, too. Even regular working-class people would be in trouble for attending and missing out on what could be a great life changing experience. All of these attendees could be pro-LGBTQ+, or even be part of the LGBTQ community themselves, but would they then be deemed monsters? Homophobic? In favor of anti-gay thoughts and opinions? Does this now mean that any person who has ever eaten at Chick-fil-A is a homophobe? Do these people deserve to be bashed, all for eating at a restaurant, whose CEO supports anti-gay organizations? Do the employees deserve hate? Most are just working at a job for minimum wage, to make a living. To a lot of people, if you have ever eaten at Chick-fil-A, some might deem you are now a monster who is homophobic. And while these two concepts (Coachella and Chick-fil-A) have been boycotted, attendance for both businesses have skyrocketed since the backlash. It means people don’t actually care. In the end, the importance of this issue lies in the individual. If you personally decide not to eat at Chick-fil-A because of your own reasons? That’s fine. If you decide to not attend Coachella? That’s fine too. In the end, the difference we make is how it makes a difference in our own beliefs. I have never been to Coachella or Chick-fil-A, but if the opportunity presented itself to attend, who knows? I might go. And that does not mean I am anti-LGBTQ+ or support conversion camps.
Softball seniors reflect on time as Suffolk athletes

Jaclyn Flint, McKenzie McGrath and Hannah DelCervo have all left the diamond for their final time in college, each of them departing with exceptional careers.

While Flint (.402 batting average) and McGrath (nine doubles, two home-runs) did damage at the plate all year, DelCervo led the charge at the mound with 85.1 innings pitched this season.

In a year that possessed many ups and downs for Suffolk's softball team, the Rams fell short and ended their season in an 8-1 Great Northeast Athletic Conference (GNAC) tournament loss to Simmons College on May 3.

With an overall record of 21-18, the Rams took a step down from being last year's GNAC runner-ups.

Next season brings optimism for many players, but others will now be cemented as part of the Ram's history.

For these graduating seniors, it is the end of the line and time to reflect on their time with Suffolk's softball program.

"Softball has definitely shaped who I am on and off of the field," said McGrath in an interview with The Suffolk Journal. "This senior class was lucky to be part of such a successful program these last four years."

Whether it was Flint making this year's first All-GNAC team, DelCervo battling back to the mound from injury or McGrath's game-winning RBI single in last year's GNAC semifinal, each one of the former players has had defining accomplishments in their careers.

"Softball has definitely shaped who I am and off of the field," said McGrath in an interview with The Journal. "Our softball experiences have taught us so many qualities and lessons that we will have for our entire lives."

Now that three trend-setters for the Rams are officially done, the team will have to revamp themselves and build off each lesson the departing seniors and head coach Jaclyn Davis has taught them. There is no doubt that next season will bring challenges with these three seniors leaving, but with wisdom and talent, the Rams will look forward to what the future holds.
SPORTS

HELP WANTED:
Are you an incoming freshman interested in writing about sports? Contact the sports team by emailing suffolksports@gmail.com

SPORTS CENTER:
ST. LOUIS WINS IN OT
The Blues Defeat the Bruins 3-2 in Game 2 of the #StanleyCup Final to even the series!

SPORTS

In her junior year with Suffolk’s cross-country and track and field programs Emily Manfra competed at the national level three times.

Hannah Arroyo
Sports Editor
@arroyo_hannah

While many people may not associate Suffolk University as being a top running school, one Ram runner has put the school on the map this year garnering a lengthy list of accomplishments between the cross-country and track seasons.

Emily Manfra, a junior biology major, has run with the Rams all three years of her college career so far. During her freshman year, Manfra was the first Ram to be named the Great Northeast Athletic Conference (GNAC) rookie of the year in cross-country. Now, as she crosses the finish line of her junior year, Manfra was just recently recognized as the GNAC Track Athlete of the Year.

“It was incredibly rewarding to be named track athlete of the year,” said Manfra in an interview with The Suffolk Journal. “It’s something I did not expect going into this year. It felt great to feel as though my hard work and training had paid off.”

Her work did not end there though, as Manfra also made three appearances at Nationals appearance at Nationals. The track star would go on to take 83rd place out of 279 runners that day. In March, she comfortably raced at Nationals in Boston, where she would finish 5th with a time of 4:54.13. This would secure her All-American status at the Indoor Track level.

Most recent, Manfra traveled to Ohio to race through the NCAA DIII Outdoor Track Nationals. Manfra knew this wouldn’t be an easy task and explained how everyone in her race, the 1500-meter, ran extremely similar times.

Manfra again became the first Ram to compete in Nationals for outdoor and was able to bump her ranking from 10th to ninth in 1500-meter with a final finish of 4:34.58. While impressive, Manfra was disappointed to miss All-American status by just three seconds in her race.

“Although I was successful last year, my experience this year has gone above and beyond my own expectations,” said Manfra.

As her senior year quickly approaches, Manfra plans to not switch up her routine too much. She’s confident that with her coach’s workout plans, she’ll continue to be able to succeed.

Just nearly missing being named an All American in Outdoor Track, Manfra knows that she has no intentions of giving up on this dream in her final season of running.

In her junior year with Suffolk’s cross-country and track and field programs Emily Manfra competed at the national level three times.

Manfra at the Indoor Track Nationals in Boston where she became an All-American.