Kenneth Walsh to become new interim Chief of Police

When Captain Kenneth Walsh steps into the role of interim chief of security and police for the Suffolk University Police Department (SUPD) on Nov. 1, the new chief said he will serve with a sense of community.

"No matter where this goes, as the interim police chief, I can promise you this: you’re going to see me engage in the community a lot," Walsh said in an interview with The Suffolk Journal.

The university notified faculty last week that Walsh will replace Chief Gerard Coletta, who is stepping down from the position at the end of the month to head the police department at Tufts University.

Walsh, who will continue in his current role as the university’s emergency manager along with his new title, has more than 30 years of police experience. He has been with SUPD since 2013, and was chief of police at Endicott College and in the town of Wenham, Mass.

"My first mentor was [former Wenham Police] Chief Peter Carnes. He taught me to treat people the way you’d want your own family to be treated, and I never forgot that," said Walsh. Walsh attributed his former mentor to providing him with the skills that have benefited him throughout his life.

"That’s what he instilled in me. That’s what I brought to Endicott, and that’s what I have brought to Suffolk," said Walsh. “As interim chief, I think I can enhance that even more and really go above and beyond for the community, and really engage with them."

California’s Act influences NCAA compensation rules

The National Collegiate Athletic Association (NCAA) has responded to the passing of California’s Fair Pay to Play Act last month and will now allow all college athletes to receive compensation for the hard work their universities have long reaped the benefits of.

The NCAA voted unanimously yesterday to allow athletes of all three divisions to be compensated, although each division must still craft their own rules and detail the specifics, according to CBSN.

Suffolk athletes have shared their thoughts on how this vote, said to be put into effect in January of 2021, could change the dynamic of college sports — specifically for women.

“I think this law could change the world of female sports by promoting equal compensation and equal value across sports for both sexes,” said senior cross-country captain Emily Manfra in an interview with The Suffolk Journal.
Debating Yoga in Secular Education

Interfaith Center in the Sawyer building at Suffolk University

Gabrielle Delgado
Journal Contributor
@gabdelgado_

Spiritual leaders and health professionals from Suffolk University discussed the role of the religious practices of yoga and mindfulness in secular education in the Sawyer building’s Stoll Room on Wednesday. Panelists included Professor of Psychology Dr. Susan Orsillo, Assistant Director of Wellness Education, Counseling, Health, and Wellness (CHW) Annie Grossman, Assistant Chaplain Sarah Fleming and Director of the Center for Community Engagement (CCE) Adam Westbrook.

They discussed the importance of authenticity in yoga and mindfulness practices and their place in education. The discussion also provided students with information about the various events offered at the Interfaith Center. Panelists first spoke about mindfulness, explaining how it is the process of purposely bringing one’s awareness to experiences occurring in the present moment without judgment, which one can develop through the practice of meditation and other training. “Our understanding [of mindful meditation] comes from the religious practice of Buddhism,” said The Rev Amy Fisher, the university’s chaplain.

“Mindfulness (from the Pali sati) cannot be separated from the Buddhist ethics and value systems that it emerged from. It is a practice geared toward collective awakening and must be seen in this context,” said Fleming.

They discussed the implementation of yoga and mindfulness in secular education and how it is often debated. Panelists agreed that these practices should not be required, and rather than having an “opt-out” practice, students should have the freedom to “opt in.” They believe that while students should have the opportunity to take yoga classes and mindfulness sessions, they should not be forced to.

They further spoke on the complex line between meditation and religion, and where they overlap.

“We are trying to understand why secular education is trying to take something that is a religious practice, but not put it in the context,” said Fisher.

The Reverend and other panelists spoke on how mindfulness and yoga have become “trending” practices in companies and in the media, and how they can lose their authenticity when separated from their historic and religious ties.

“In authentic Buddhist meditation, it is not really called mindfulness,” said Fisher, who works to retain the cultural and religious origins of the practices that the Interfaith Center offers. She also noted the difference between the Interfaith Center and CHW.

[Dr. Annie Grossman] likes to practice their wellness in their office, but they’re never going to hold yoga classes in the wellness office because yoga is a religious practice based on Hinduism, said Fisher. “We should give our students the benefit of authentic yoga practice [in the Interfaith Center].”

The panel was open for discussion between students. In the audience sat many students interested in pursuing professions in secular education and yoga and mindfulness and who were overall passionate about the subject.

“We were seeking to bring together students, faculty, and staff from psychology, religion, and Counseling, Health and Wellness in an effort to spark conversation on these topics,” said Fleming.

A blast from the past...

[Left] Suffolk students dancing at a Halloween event in 1965. [Right] Suffolk students Celia Peterson (left) and Olivia Hess (right) at Thursday’s Suffolk Halloween Bash. 54 years later and Suffolk students are still embracing the holiday.
MBTA delays, fare hikes and line shut-downs have left Suffolk University commuters feeling frustrated. According to U.S. News & World Report, 73% of Suffolk students live off campus, contributing to a community located in the heart of a busy, traffic-heavy city.

Many students lease apartments in the neighborhoods surrounding downtown, including Allston/Brighton, East Boston, Somerville, Cambridge and Brookline. The rent there may be significantly cheaper compared to apartments located in downtown Boston, but students in these neighborhoods are required to ride the colorfull network of MBTA trains every day to get to work and classes. The MBTA has long been plagued with the issue of aging cars, derailments, scheduling misinformation and breakdowns. This summer, commuters on the red line and blue line were forced to walk along the tracks in dark tunnels to return to a station after their cars derailed during the peak commuting hours according to Common Resident Assistant Matt Phipps. Images began circulating online of droves of people waiting outside the Maverick blue line station to be ushered into shuttle buses downtown. Other videos made their rounds on Twitter showing people marching through red line tunnels after their train derailed in June.

Boston officials hoped that repairs throughout the summer would lead to a smooth fall for commuting on the MBTA, according to The Boston Globe. However, issues have only worsened as students returned to the city for the semester.

This past week alone has resulted in two major incidents on the MBTA.

The orange line, which needs to upgrade their trains every day by about 30 minutes due to a mechanical failure. “I think [the MBTA] needs to upgrade their technology... I don’t think that issue is fixed by raising the rates... I’d like to see the price reduced to encourage commuting... invest a lot more money from the state budget into transportation... I don’t think they’re taking it seriously,” Phipps said.

Matthew O’Brien, a senior politics, philosophy and economics major and Mendon resident, takes the Franklin line on the commuter rail twice a day. “I was on the train that got delayed as a result,” Phipps said. “It happens pretty frequently. I missed class today as a result... I don’t feel as involved on campus.”

Lukas Phipps, a Suffolk University junior and Commuter Senator-at-Large for SGA, was directly affected by the incident. “I was on the train that got delayed as a result,” Phipps said. “It happens pretty frequently. I missed class today as a result... I don’t feel as involved on campus.”

While the cause for the delay was understandable, Phipps said delays in general on the line occur too often. “I was on the train that got delayed as a result,” Phipps said. “It happens pretty frequently. I missed class today as a result... I don’t feel as involved on campus.”

O’Brien, like many other Boston-area students, documents his experiences with MBTA issues on Twitter and voices his concerns to state legislators. “Last Thursday, I got on my usual 6:20 p.m. train home from South Station,” O’Brien said. “After getting settled in, we were told the train was no longer going to Franklin and we had to get off. Our train was delayed for more than 20 minutes after that. Eventually, we finally left the station, but encountered an additional 30 minute delay due to a mechanical failure.”

“During the commute, take the green line,” Lovelace said. “I’ve had was around an hour and a half due to the green line,” Lovelace said. Suffolk provides residents and RAs with weekly passes, according to Lovelace. However, residents still face breakdowns and delays and sometimes can’t attend class on time— or at all. Luckily, professors have been lenient with tardiness since they face the same commuting issues as well. Phipps and O’Brien both said.

Governor Charlie Baker and MBTA officials have promised to work to fix the current situation. The MBTA was unable to be reached for a statement at the time of this publication, but students can receive updates on delays from the MBTA’s official website, mbta.com/alerts or its Twitter, @MBTA.
Emergency Manager Walsh to become interim Police Chief

Walsh began his career in policing at age 19 when he was a dispatcher for his hometown’s department in Danvers, Massachusetts. He joined the Wenham force in 1986, and became the town’s first deputy chief in 2004.

A year later, Walsh was officially made Wenham’s police chief; a position he held until he went to Endicott for a year to serve as chief there. He left when he was hired as a lieutenant at Suffolk.

"Most people do urban policing when they first start out and then they go to a small town. I’m the opposite," said Walsh. "I always wanted to experience urban policing, so I had an opportunity at Suffolk where you were in an urban setting, but I also had the campus environment, which I love."

He received a bachelor’s degree in human services from Springfield College, and earned his master’s in administration of justice at Western New England University. Walsh also taught at Endicott for three years.

Walsh has sat on the boards of the Greater Boston Police Council and the Massachusetts Chiefs of Police Association. He was the president of the Essex County Chiefs of Police Association, and worked briefly as a narcotics detective for the Cape Ann Drug Strike Force after he graduated from the police academy in 1989.

His time is not only devoted to police work, however. "I’m a family man. I’m the father of three girls. I have two grandchil-dren and I have a golden retriever named Ginger, who’s awesome," said Walsh. "I’m a huge Boston Celtics fan, huge Patriots fan. Those are my teams."

"What a better way to bring the community together than with bring-ing together different department heads to form a band [The Shufflers], and have fun in something that students can relate to," Walsh said. "For Walsh, bringing the community together through music is nothing new. As Wenham police chief, Walsh organized "Hometown Idol," a community singing show featuring Wenham residents of all walks of life that he said was extremely successful.

While he said he likely won’t make many changes as interim chief, Walsh hopes to foster community at Suffolk by bringing students and SUPD officers together.

Some SUPD officers have become liaisons to student organizations, and Walsh looks to help the department have more friendly relationships with these groups.

He is also starting up a new show that will help students know how to utilize SUPD’s services, such as the department can help students file restraining orders or walk them home at night, and know how to stay safe on and off campus.

"Even though you’re in an urban setting, we want you to feel like (SUPD) is your small town police department and make sure you know we’re going to go the extra mile to assist you," said Walsh.

Suffolk police cruiser parked outside 10 West Residence Hall

This week in SGA...

Senators, Trustee Chairman debate transparency and arming

Bob Lamb, chair-man for Suffolk University’s Board of Trustees, spoke with SGA at its Oct. 24 meeting about arming campus police officers and how transparent the Trustees should be, among other issues brought up by senators.

Suffolk President Marisa Kelly said in an email sent to The Suffolk Journal last spring that if the Trustees felt they had sufficient information, they would vote on the arming issue at their June Board meeting.

Over the summer, the Trustees postponed the vote indefinitely. Lamb said at Thursday’s meeting that the vote was postponed to give Trustees and other groups more time to gather information on the issue.

"Please don’t assume that since the Board did not make a decision this year, that this is not a priority item for us," said Lamb. “We have com-mitted to continuing to discuss this, and research this issue, this academic year.”

Lamb said last year that he thought a decision on arming would have been made sooner. "What I’m very focused on is not making a bad decision just because I thought we should get it done quicker," said Lamb. "When the Board makes a decision on this issue, yeah, a communication will come out."

Commuter Senator-at-Large Lukas Phipps asked if the Trustees would consider making the arming decision pro-cess more transparent and inclusive to students.

"Should we open the board meetings up for these kind of conversa-tions when you’re dealing with a transparency issue? No," said Lamb in response.

"The board, in my opinion, needs to be able to discuss very sensitive information, very critical topics, without the expect-ation that there’s going to be a transcript that goes out," said Lamb. "We have decided that those are closed sessions.”

Phipps agreed the meetings shouldn’t have to be open when sensi-tive topics are discussed. Rather, he said he was trying to ask if the Trust-ees could update students with as much information as possible on where they are in the process of the arming decision.

"Let me think about that and I’ll discuss that with our president," said Lamb in response.

The issue of on-cam-pus parking spaces for commuter students — or a lack thereof — was also brought to Lamb’s atten-tion. He said he is in favor of adding student parking spaces to campus, as the university should prioritize allocating its funds to financial aid and scholarships.

"We are not focusing on a way to support people’s parking," said Lamb. "I don’t know what it would cost to find a way for the community to park, but there’s millions of dol-lars involved."

"Our focus is really on offering housing opportu-nities — two year housing opportunities — for freshmen and sophomores in first," said Lamb. According to U.S. News and World Report, 73% of Suffolk students are comm-uters.

Class of 2020 Senator Dan Redznak asked Lamb why the university bought a new dorm building at 1 Court Street for millions of dollars when it could have used that money to help commuter students.

"We’re a majority commuter school, so I don’t understand why it wouldn’t be a priority to accom-modate the majority of students who are coming here," said Redznak.

Lamb said it was a matter of limited space.

"I would much rather have money available to pay for your education in scholarships and financial aid than provide parking," said Lamb.
Globe panel discusses climate change on the Cape

When columnist Nestor Ramos of The Boston Globe wrote a front page news story titled "Climate change on Cape Cod: At the end of a warming world" this September, it became one of its most clicked online articles in the paper’s history. The story reached about 100,000 readers in five days, and shed light on just how climate change was already hitting the Cape.

On Oct. 22, Ramos, Globe narrative editor Steve Wilmisen and Globe photographer John Tlumacki were featured on a research panel hosted by the Globe at the Boston University (BU) Institute of Sustainability. There, they discussed their work on the article, the impacts of climate change, the importance of climate reporting and potential solutions to help combat the climate crisis in the region.

"[The article] was our way to make a story that was not remote or abstract, but was intimate and real and tangible and part of all of our lives," said Ramos.

Panelists aimed to produce dialogue on the subject and offer a behind the scenes look into the Globe’s special report. During the panel, the trio said this piece was motivated by what Ramos called "a feeling of helplessness."

They said most vacationers on the Cape understand the area is being harmed by climate change, but that they would rather ignore reality. "It was the most beautiful and difficult assignment of my career. People didn’t want to care about the problem, they just wanted to go to the Cape," Tlumacki said.

Ramos and the other panelists wanted to show a new angle on how climate change is a critical issue as they recognized this issue does not hit home for as many people as it should. People’s perception of climate change changed when the piece became personal, the panelists said.

"So many people connect with the Cape. A good story follows the path of what happens, no matter what," Ramos said.

Tlumacki was assigned a summer photography project at the Cape in May. He said that finding the perfect shots to reflect this article was difficult to do, especially since the Cape is such a happy place.

He traveled back and forth from Boston to the Cape constantly, but always felt he was missing the target. Some photos even needed to be taken by air. But he eventually found the perfect photo series to illustrate the current problems the Cape is already beginning to experience due to climate change.

One of his photos showed where marshes once sat near the Cape’s beaches, as they are now beginning to dry out and disappear. Tlumacki also captured what were once successful oyster farms, and showed how they are now struggling businesses.

One of the main focal points of the panel discussion was Liam's Shack, a clam shack that was located on Nauset beach for 28 years. Most of it was swept away in a coastal storm in the spring of 2018, and the rest of the structure was completely torn down. Nauset has remained without the business since.

Cape Cod native John Ohman, a panel speaker, saw the beach for the first time without Liam’s Shack and was amazed.

See CAPE - 6

The Ban on the ‘B Word’

Last week, State Representative Daniel Hunt, D-III, spearheaded a bill that would make it illegal to call someone a "bitch" in Massachusetts.

"Those who use the word to ‘accost, annoy, degrade or demean the other person shall be considered to be a disorderly person," according to the bill.

Violators could also pay up to $200 in fines, and would be reported by the person they called a “bitch.”

"One of the responsibilities of all Representatives is to serve as a conduct for direct petitions from our constituents to the General Court," Hunt wrote on his Twitter. "While this specific instance may amuse some and alarm others, it remains an important process for self representation."

Many argue that this petition is a violation of the first amendment. "Beacon Hill Democrats like [Hunt] are fearlessly taking on the biggest problems facing the commonwealth,” the MassGOP wrote on Twitter.

Since the colonial era, Massachusetts citizens have had a right to free petition, ensured by Article 19 of the Massachusetts Constitution. In the state legislature’s current two-year session, there are 192 bills filed by citizens, according to WRUR.

Currently, there is no requirement for the legislature to take action on proposals. Most of the citizens petitions fail to reach their goal after public hearings.

U.S. District Judge Richard Leon, who graduated from Suffolk Law in 1974, has been asked to decide if a former national security official for the Trump administration can legally testify in the impeachment inquiry.

Charles Kupperman, the former in question, was the aide to former National Security Advisor John Bolton. Kupperman was issued a congressional subpoena to testify, but failed to appear in court on Monday. He was summoned to court because he was on a July 25 call between President Donald Trump and Ukraine's president Volodymyr Zelensky. In the call, Trump asked Zelensky to investigate former vice president and presidential candidate Joe Biden and his son Hunter, as well as the 2016 U.S. presidential election.

The White House said Kupperman is entitled to immunity and should not have to testify. Democrats disagreed.

"Charles Kupperman's failure to appear for his deposition today is potentially obtrusive of the inquiry and any blocked testimony should be considered corroborative of the whistle-blower's complaint," Congressman Raja Krishnamoorthi, D-III, wrote on Twitter.

Alum to decide if official can testify on impeachment

OCT. 30, 2019

"One of the biggest problems facing the country is that our system is out of balance," Hunt wrote on Twitter.

Another relevant event was when columnist Nestor Ramos called then-U.S. Ambassador to Ukraine Marie Yovanovitch a "bitch," according to WBUR.

"In your case, the term was never even remotely merited," Ramos wrote. "It was the most grossly false statement ever made by someone in the public square."

On Oct. 22, Ramos expressed his regret at the comment. "While this specific instance may amuse some and alarm others, it remains an important process for self representation."

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South Asian Student Association seeks to collaborate with cultures across campus

While there are a variety of clubs that represent different parts of Asia already established on campus, club members feel it is important to recognize the cultural differences from region to region. South Asian culture has its own uniqueness, just like any other region within the continent.

"Culturally, it is extremely different," said Fatima.

Although the club was primarily established to create a community for South Asian students, group members hope to learn more about other cultures and educate the public about their own South Asian culture.

"For students that come here from different countries, this is a huge difference for them and they don't experience cultural events that often," said SASA secretary and treasurer Bismah Laraib.

"Having cultural events through our program, they can experience those with out thinking that they're missing out on those events back home." Although this is the club's first year, they hope to start having more events and collaborating with other cultural clubs on campus.

"Having co-sponsored events also brings in different people," said Laraib. "Not all of them would be from South Asia so they get to learn about our culture and we get to learn about their culture.

The club is looking forward to one of their first big events called “Fusion Festival” this Friday where they will be working with AAA and SEASA. The event will include performances by fusion Ohmaka and Pasion Latina with lots of Indian and Korean food.

"It’s sort of commemorating the Diwali which is an Indian festival," said Fatima. By including more groups in the event, members hope this event will expose more people to various cultures. "It’s celebrating light and prosperity. We’re going to have dance performances and games and stuff like that."

While the group is excited to hold events and work with other clubs, their main goal is to provide a community for South Asian students.

“I think sometimes international students, no matter what region they’re coming from, miss out or sometimes struggle finding the right group,” said Fatima. "I think we want to present a little sense of community for them."

The group meets twice a month in Sawyer room 1121, and all are welcome to attend.

“We want it to be welcoming for everyone so that everyone feels they have a place and that there’s similar people to them. We all share the same culture," said Laraib.

Suffolk University currently has an Asian Student Association (ASA) and a Southeast Asian Student Association (SEASA) as well, but SASA executive board members feel that this club will provide greater cultural perspectives within the community.

Locals say Cape Cod will never be the same

The day has finally come for peace in Ecuador. After nearly two weeks of violent protests opposing the country’s new fossil fuels policy, Ecuador is making changes in response to climate change.

The people of Ecuador and their president have successfully reached a compromise, benefiting both sides and the environment. Policies put in place by President Lenin Moreno left thousands livid. When people took to the streets to express their anger, the protests quickly became violent and went on to leave seven dead.

The Washington Post reports that Moreno’s new policy, otherwise known as Decree 883, would include an increase in fossil fuels. This was put in place by the government in response to the economy’s decreased revenue and government spending.

The Chicago Tribune reports that until recently, Ecuador’s use of fossil fuels were costly for the economy - one study indicates that 43% of the country’s electricity comes from nonrenewable energy. However, natives became fed up earlier this month when the price of gas rose sharply.

Activists know what they want: a safe, stable and sustainable economy.

Many of those leading the protests were indigenous families, activists and groups who are all environmentally conscious and well educated on sustainable reforms. Climate Home News discusses the passion these protesters have for the environment.

In response to the protesters concerns, the indigenous people of Ecuador were able to reach a deal with the government that appeases both sides. According to The Chicago Tribune, Decree 883 will no longer be going into effect. Both sides will be working together to come up with a new solution that protects both the environment and the people in it.

“The moment of peace, of agreement, has come to Ecuador. This is an extraordinary step,” said United Nations resident coordinator in Ecuador, Arnold Peral to The Chicago Tribune.
One year later, INTO students thrive with Suffolk support

Amy Koczera/World News Editor

"If I stayed in Brazil, I wouldn’t be in a university," Felipe Giesteira spent his entire life in São Paulo, Brazil before joining Suffolk University’s first class of INTO students just last year. "It is so difficult for international students to come here and be far from your country, far from your friends, from your parents," said Giesteira in an interview with The Suffolk Journal. "They gave me all the support that I needed, they made me feel at home." Giesteira is just one of the hundreds of students that has been impacted by the INTO program. In just its first year at Suffolk, faculty members are highly satisfied with the success of the program so far.

INTO is a pathway program for international students to take both academic and English language requirements prior to enrolling in the university. The program is set up to provide additional layers of student support for international students before they become fully immersed in the Suffolk experience.

“We can admit students with slightly lower GPAs and with slightly lower language proficiency to be able to put them in this pathway environment," said Assistant Director of Marketing and Recruitment Tim Phelps. “We provide them both English language and academic courses to move them up to a proficiency level where they would need to be directly admitted, and to make sure they are performing academically at the Suffolk standard.”

Phelps explained that although the program can admit students with slightly lower GPAs, INTO looks for potential in prospective students.

“What we’re trying to do is give students the benefit of the doubt knowing they’re coming from some very selective schools that might have some rigid requirements," he said. “These students have been living in a different language their whole life, but they are full of potential.”

For students like Giesteira, being given an opportunity to attend school in a completely different country with a network of support has helped him to realize his own potential.

“I loved INTO and I still love it because they gave me the opportunity to come here,” said Giesteira. “They gave me all the feedback, they gave me all the structures that I needed. The professors, the staff, everybody.”

INTO faculty members acknowledge that it takes a lot of courage and bravery for international students to be willing to throw themselves into a whole new education system and lifestyle. Culture shock can be scary, but Phelps explained that INTO is there to make the transition educational in all aspects of the students’ lives.

“We’re not just here to make sure that they are going to speak English proficiently," said Phelps. INTO also holds various weekly events that are specifically focused on getting student feedback so that the program can provide students with the resources they need.

All of the additional services that we’re proud of is being able to do things like the Ram Talks, or Wellness Wednesdays where students can talk to staff members about anything that might be of concern to them or to help them navigate any of the student services that might already be in place," said Phelps.

These extra layers of support help students socially and academically. Being exposed to this support has allowed students to become more involved on Suffolk’s campus - not only within INTO, but also within the greater Suffolk community.

“From the student perspective, they’re just looking to make connections — whether it’s employment opportunities or friends," said Phelps. “They’re always looking behind the scenes of how we can get faculty members more involved or some staff more aware of what we’re doing here and the exciting opportunities that we already have in place.”

To ensure that student voices are being heard and that the program is consistently adjusting to the needs of students, INTO has board meetings twice a year with Suffolk administrative representatives and INTO administration. The program gets feedback from student surveys and uses that information to improve the program.

First year INTO student Abdul Binsaid, originally from Saudi Arabia, explained how the program and its services have provided him with more confidence and connections in just his first semester.

“I’ve taken some English language courses back in my country, but when I came here their teaching strategies are much different," said Binsaid. “I like how they give you details and tell you how to interact with people. I’m taking this community engagement class where it helps you interact with other people. That’s going to be fun.”

Binsaid has even gotten involved across campus and has found his own community within the Young Arab Leaders Association on campus.

“At first I was a little bit scared, but when I came here, they helped me," said Binsaid. “I would encourage international students because it helps them with how they get to know the people, how they get into the culture, and a lot of people come here to the U.S. and have culture shock. This helps them get over things and understand how the system works.”

Based on student experiences and university feedback, Phelps explained that the program had been a success.

“There’s no indication that this wouldn’t be something they would continue for a long time," said Phelps. “I’m with American students now, and they know English better than I know. So I need to be in the same level. INTO, knowing that, they prepared each student to do this, to be at the same level as American students," said Giesteira. “To be honest, I just need to say thank you to INTO who opened the doors for me. I wasn’t a good student when I was in Brazil. They truly saved me.”

Clotilde Jegousse contributed to this article

Islamic State leader killed in U.S. military operation

Abu Bakr al-Baghdadi, the Iraqi national who founded and led the Islamic State of Iraq and Syria (ISIS), was killed in a violent raid in Syria, President Donald Trump announced Sunday morning. According to the president, al-Baghdadi died after “running into a dead end tunnel” in his Syrian compound with three of his children, igniting an explosive vest that killed all four as American military dogs closed in. “He died like a dog,” Trump said. “He died like a coward. The world is now a safer place.”

Trump credited local allies, including the Russians, Iraqs and Kurds, for intelligence gathering and material military support. New developments came Tuesday as Trump tweeted that the next in line to succeed al-Baghdadi — Abu Hassin al Muhajir, according to The Washington Times — has been “terminated” by U.S. troops. ISIS rose to prominence in the middle of the decade, and were declared a terrorist group by the United Nations in 2014. The group is known in part for their high-profile use of Internet propaganda, including the sharing of videos of executions on social media.
Sophomore global business and management major Olivia VeRost is spending her semester in Spain, at Suffolk University's Madrid Campus. So far, Olivia has met people from all over the U.S. and Spain. She’s been enjoying networking and the difference in ages and cultures. Olivia believes studying abroad is an important experience because of the cultural differences; she said that dinner is typically around 10 p.m., and that most night-lifers don’t leave home until 2 a.m. Olivia’s one regret? She wishes she knew more Spanish.
Unspoken Feelings held their first ever "Ram 'N Out" event which mirrored the popular MTV hip-hop comedy show "Wild 'N Out." Anye Nkimbeng, Unspoken Feelings club president and MC for the night, was reminiscent of the charismatic MTV host Nick Cannon, but definitely brought his own flare to the mic. Held in the Samia Cafe, the club set up a stage in front of a large screen which displayed rules and clips from the series.

“We’ve had open mics, but we wanted something new to do before our regular open mic,” said Nkimbeng in an interview with The Suffolk Journal. “We thought about karaoke or a singing competition but it’s been done before, and then we thought ‘Wild N’ Out,’ and we asked our members and that’s what they wanted to do.”

The night started with seven audience members volunteering to break into two competing teams who would go head-to-head over several rounds of comedy challenges. The live game show consisted of members from each team cracking a joke or spitting a rhyme to make audience members laugh. The challenges consisted of a number of games including “Guess the Celebrity,” “Family Reunion” and “Wild Style.”

“I was very nervous [to volunteer] but a part of me was like, do it, because it should be fun ‘cause it was just a night of fun laughs and just enjoying each others company,” said sophomore art history major Ariana Peralta in an interview with The Journal. “I was hoping they would use volunteers so I could go up there.”

Ben Pompilus, a Suffolk alumni and local DJ, was spinning popular tracks and judging each competition. If the audience laughed and Pompilus thought the joke was funny, the team would get a loud “ding.” However, if the joke was not funny, an unpleasant buzzer would sound.

“It was fun, the reactions were dope, I expected some backlash because some of the jokes weren’t great, they could’ve been better and I had to be honest,” said Pompilus about judging the competition. The first challenge was “Guess that Celebrity.” In this round a member from each team would sit on the stage facing the audience and images of celebrities would appear on the screen behind them. The other team members stood in front of the stage acting out and giving hints to who the celebrity was while their teammate on stage tried to decipher their clues. Some of the stars that flashed across the screen included Drake, Bill Clinton and Britney Spears.

This first game got the crowd more lively and loosened up the two teams, from here the jokes started to fly. "It gives a sense of not being so sensitive and especially with society nowadays you can’t be sensitive to everything and this makes the whole environment no hard feelings, just a good time and a kind of satire,” said Peralta.

By the time the game “Family Reunion” was ready to be played, the audience was fully engaged, clapping and singing along to the lyrics. Members of each team would pick someone out of the crowd and to the tune of “At the family reunion, who we introducing?” make a joke by introducing the person in a hilarious way.

Another game featured props: a wet floor sign and ladder, that the teams used to act out quick skits they thought of on the spot. The hijinks that ensued were comical and the improv was impressive.

“My jokes come from sarcasm, and sarcasm usually is not on command, so having to think of jokes on command was kind of hard,” said Peralta. The final test of humor and wit was the Wild Style. In this last round contestants traded hysterical punchlines and clever comebacks in a face to face rhyme-off. The contestants packed some loaded jokes, but it was all in good fun and no one seemed to mind light-hearted roasts.

“We can chat it up, we can laugh I understand the world is serious and there’s crazy stuff going on outside but if you can’t laugh at your pain sometimes your only going to be getting hurt each time,” said Nkimbeng.
Fans of John Green’s “Looking for Alaska” have been waiting about 15 years for an on-screen adaptation of the book to be brought to life, especially after Paramount purchased the rights to the film in 2005, the same year the novel was released. It was heartbreaking for fans to have been told it would probably never receive a film adaptation, so, when the trailer was suddenly released for a Hulu original 8-part mini-series, it was both shocking and exciting beyond belief.

After waiting longer than normal for an adaptation, the one thing to say about the show is it’s everything we could’ve hoped for. There are not many book-to-film adaptations that have done the written prose justice quite like the “Looking for Alaska” series has. Green’s book, in which Alaska Young’s (Kristine Froseth) troubling and erratic behavior was idealized, is one that was widely read by teenagers. Looking back on it, Alaska’s character was that of a young woman who was struggling with addiction and mental health. But, when reading the book, much like Miles “Pudge” Halter’s (Charlie Plummer) point of view, readers idealize this girl as the confident free-spirit we all want to be.

I’m sure I’m not the only one who was dying to drink a bottle of cheap strawberry wine in an effort to be just like Alaska. It’s clear how cheesy the story was when reading it again as an adult, but the series kept these cheesy aspects in the best way. To younger readers, it is an awe-inspiring story that brings on silly teenage feelings. Fans may find themselves feeling sentimental while laughing out loud at how tear-jerkingly lame some parts are.

The series evokes an overwhelming sense of nostalgia, especially for fans who have been waiting for this since 2005. Not only did the actors’ portrayal of beloved characters spark old memories, but the soundtrack did an exceptionally good job as well. Viewers who also indulged in 2000’s TV shows like “Gossip Girl”, “The O.C.” and “One Tree Hill” cracked a bigger smile than most when Death Cab for Cutie and The Postal Service began playing in the first episode.

The series ultimately surpassed any adaptation’s expectations by making the viewers laugh, cry and feel like this series executed the exact story fans romanticized as teens. Everyone wanted to be as free-spirited and effortlessly cool as cigarette smoking Alaska Young. Though she may have not looked exactly as imagined in the novel, what Kristine physically lacked she made up for in portraying Alaska’s exact demeanor.

The biggest difference between the book and the series is the standpoint of narration. The book is told entirely from Pudge’s perspective, while the series offers a chance to shed light on all the other characters’ points of view as they each take part in portraying Alaska’s exact demeanor. The book is told entirely from Pudge’s perspective, while the series offers a chance to

“Looking for Alaska” is now streaming on Hulu.
FINNEAS extends a hand to the audience during his concert

When FINNEAS O’Connell, who performs as FINNEAS, stepped on stage at Boston’s Paradise Rock Club this past Thursday, he was greeted by a crowd of screaming, dedicated fans, all packed into the intimate, sold-out venue.

FINNEAS, the prolific singer, songwriter and producer who has previously toured alongside his equally talented younger sister, Billie Eilish. He embarked on his first tour as FINNEAS, stepped on stage without singing and watch her jump impossible to listen to her rap, had an infectious addition to other singles, off his newly released album. He performed songs with Boston as his last stop. He performed songs with the general audience and playing the keyboard, and recorded his debut album The Grand Tour with Sire and Todd Smith, in addition to his success as FINNEAS, stepped on stage at Boston’s Paradise Rock Club this past Thursday.

FINNEAS’s opening act, Lauren Sanderson, successfully pumped up the crowd for his performance with her natural charisma and wild energy. Sanderson’s music, which can be described as mainly hip-hop with elements of both pop and rap, had an infectious effect. It was almost impossible to listen to her and watch her jump around stage without wanting to dance. Her lyrics address a wide range of topics, from relationship troubles to dealing with anxiety and the pressures of early adulthood. At the end of her set, she gave a short, empowering speech about living life unapologetically. It was clear by the audience’s enthusiastic reaction that everyone in the venue felt inspired and touched by her words.

The audience consisted of fans and celebrities alike, including internet personalities Scotty Sire and Todd Smith, in addition to Sanderson herself, all of who stood with the general audience to watch FINNEAS’s set. FINNEAS began the concert behind an electric piano and sound board. The performer went back and forth between singing and playing the keyboard, the acoustic guitar and dancing, exemplifying his many talents.

The stage was bordered by long, tube shaped light bulbs that changed color and would light up to the beat of the music. The color of the stage lights also corresponded with the songs. For example, while performing his single “Cloak,” the lyrics of which are inspired by his long-time girlfriend, YouTuber Claudia Sulewski, FINNEAS was enveloped in beautiful emerald green light that mirrored the lyrics, “I think you're gonna change my plans with those emerald eyes.”

FINNEAS imparts deep, meaningful messages that pull on the heartstrings of his audience through his inspirational lyrics and his mature, expressive voice. He has natural talent that cannot be taught, in addition to a charming and humble personality.

“It really means the world to me,” he said to his audience after thanking them for their support and before performing his final song of the evening, “Let’s Fall in Love for the Night.”

“I love you all so much.”

This is only the beginning for FINNEAS. He has already produced the music of some of today’s most prominent pop artists, including Billie Eilish’s 2x platinum album “When We All Fall Asleep, Where Do We Go?” and Selena Gomez’s new single “ Lose You To Love Me.” In addition to his success as a producer, FINNEAS’s own work is changing the landscape of pop music as we know it.

Students browse items from the Modern Theatre costume closet

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The Suffolk Journal. The thrift shop event helps make more room for new items and gets rid of anything outdated, while making sure the old items are not going to waste. The items that are not sold are packaged and donated to another local thrift store.

“It’s a nice way to make room for new stuff and also repurpose all of the clothes that we’re not going to use for any more,” Armstrong said in an interview with The Journal.

This year’s collection of clothes included a mix between niche items and everyday wear. Even if students don’t buy anything, Armstrong said it’s a good opportunity to get some fashion inspiration.

“I buy stuff from [the thrift shop] every year because it’s nice to be able to look around and get ideas for outfits,” Armstrong said.

Armstrong said students usually come in searching for last minute Halloween costumes. However, this year there were many items that could be worn as everyday clothes, so students could also shop for new additions to their daily wardrobe.

Freshman undergraduate major Ana Luiza Bernardes stopped by the thrift shop in search of a costume for Program Council’s yearly Halloween Bash at Royale last Thursday night. She was also in the market for some unique garments to wear regularly.

“They’re offering some thriftey items,” Bernardes said while peering over a table of pants and skirts. “I’m just interested in going out of my comfort zone of shopping, and finding good items.”

The proceeds have always been donated to an organization, which have included the James Nelson Scholarship Fund, the Leukemia & Lymphoma Foundation, the Stage Source Theatre Alliance, the Puppet Showplace Theatre and Theatre Community Benevolence Fund in the past.
Who’s Askin’ delivers despite difficulties

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From the corner of Boylston and Tremont, to Australia and even to the doors of heaven, Who’s Askin’ brings the audience to different places and situations, leaving them laughing along the way. Despite an eventful week full of difficulties, the sketch comedy group held a confident and entertaining show Saturday night in the basement of Smith Hall. The overall emotion expressed by the group was pride for the performance. “A big strength for us this show was how well prepared we were. We knew our lines and committed to the bits,” said Katie Johnson, the lead writer of Who’s Askin’, in an interview with The Suffolk Journal.

The energy coming from the actors on stage really helped with the performance. The audience was engaged and captivated in the show. There was even interaction with the audience, including some cast members sitting in the audience during the sketch “Dr. Seuss Cult.” The actors ad-libbed and created a comfortable and entertaining environment while showing off how funny each of them are.

“Going from a show where we had to be on-script to being in an off-script show gave us the confidence to play around a little bit with the material,” said new member Kayla Dalton in an interview with The Journal.

Dalton enjoyed her experience with the show. “I think the second show was really good. The crowd really helped. Having props made a big difference as well,” said Dalton. “We worked hard on it and I’m happy with how it went, especially being our first off-book.”

Johnson also expressed her pride in the group. “I don’t think we had anything crazy happen either night, so I’m very proud of our new cast this year,” she said. “Definitely in the past, we’ve been less confident and we were definitely really set this time.”

The lead up to the show was different to the final outcome. Earlier in the week, Who’s Askin’ President Charles Tang had gone on crutches and within five hours before the show, two people could no longer make the performance due to work and illness. This was also the group’s first show they had done on back to back nights. “We always bounce back pretty quickly when we have to recast quickly,” said Johnson. “Everyone that was put into a role last second was really on top of it. Some even memorized when we told them they could do it on-book.”

The group’s ability to adapt to these setbacks was impressive. Even with such little time to adjust, it was hard to tell there was any trouble backstage. The audience kept laughing along with the well-timed jokes. “Our main goal is always to make people laugh, but to do it in a smart way. We want to earn those laughs,” said Johnson. “We also know the more fun we have, the more likely the audience is to have a good time.”

Taking on current topics from the vape ban to a microwaved fish incident in Smith Hall, the skits were executed confidently. Who’s Askin’ will be having another performance on Nov. 22 and Nov. 23 at 8 p.m. in Smith Hall’s basement.

The cast acts out a newly written sketch

Emily Devlin / Journal Staff

Album review: Rex Orange County deserves 10/10 rating for ‘Pony’

Morgan Hume
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Loving Rex Orange County is getting easier and easier with his third album “Pony,” released on Oct. 25. Alexander O’Connor, better recognized by his stage name Rex Orange County, is an English singer songwriter known for his songs “Loving is Easy” and “Sunflower.” The alternative pop musician has developed his own personal style in his discography, and fans will appreciate the way he maintains it in the 10 tracks on “Pony.”

O’Connor stays true to his familiar sound while incorporating more artistry, technique and experimentation, making “Pony” his most carefully crafted album to date. The 21-year-old’s record has a youthful feel, and showcases his individuality and talent in different ways on every track.

“Pony” opens with “10/10,” a song fans may already know because the official music video was released in September. The buoyant beat masks the diimal lyrics, drawing the listener in with O’Connor’s identifiable voice and a catchy rhythm, which will have the audience hooked until the bitter end. Although O’Connor does not have the strongest voice in the industry, it doesn’t matter. His distinct sound is completely his own. As the album transitions into “Always,” a slower track that offers a mellow, laid back vibe, the singer easily courses through the notes. His vocals combined with a unique instrumental backing makes this song addictive.

In the third track “Laser Lights,” O’Connor incorporates more percussion and brass instruments, creating a jazzy tune. Listeners can’t help but tap their foot or bob their head along to the beat. Fans may be used to seeing O’Connor seated behind keyboard or acoustic guitar, but in “Pony” he expands his musical abilities by playing a range of instruments and playing them with confidence.

The fifth track, “Stressed Out,” is the shortest one on the album, only one minute and 46 seconds long. However, the musician quickly packs a punch. The lyrics “They wanna lie and still be friends but when you’re at your worst, they’re not there, and you discovered that they don’t care” are simple, but dive into the singer’s own experience with letting friends take advantage of his money, then leaving him in the lurch when times get tough. While this may be a personal issue O’Connor has experienced, he has gone through the song discusses toxic friendships that many listeners have also experienced.

The remarkable artistry in “Pony” extends beyond just the lyrics. O’Connor creatively layers vocals in certain songs, including “Face to Face” and “Never Had the Balls,” creating a small echo effect rather than ordinary backup vocals. Many tracks have a poppy rhythm, but not all of them are cheerful. “Pluto Projector” uses transcendental string instruments and subtle backup vocals that are sure to both soothe and awe listeners. It’s easy to hear O’Connor’s old style intertwined with his experimentation with new sounds and sound making techniques.

Throughout “Pony,” certain songs show off lyrics, some show off new instruments, and others show off vocals. In the final track “It’s Not the Same Anymore,” O’Connor accentuates all of these in one track, wrapping up the album with a song that beautifully demonstrates his growth as an artist. “Pony” is O’Connor’s first album since his successful release of “Apricot Princess” in 2017. Although fans were left craving more from the singer for over two years, it’s clear “Pony” was worth the wait.
Designated hitters belong in all of baseball

With the World Series in full swing, American League (AL) pitchers will once again take the plate at their opponents’ stadiums. On Saturday night, Houston Astros pitcher Zach Grienke stepped into the batter’s box as the first pitcher to hit in the 115th fall classic. While Grienke only had one earned run in 42 innings pitched, his only plate appearance of the night ended in an out. Before the start of the 2019 season, Major League Baseball Players Association (MLBPA) was considering a rule change that would introduce the designated hitter (DH) position to the National League (NL). Since 1973, AL teams have had the option to include a DH in their batting lineup. This player takes the pitcher’s position in the lineup, and does not take the field for defense.

The case is different in the NL. There is no DH position, and pitchers take a spot in the 9-player batting rotation. Every year, the possibility of the DH in the NL comes back into question around World Series time. When playing at the stadium of an NL opponent, AL teams are forced to put their pitchers in the lineup, when they are not often comfortable hitting. NL pitchers have been batting all year long, giving them an advantage over their AL colleagues. It is finally time for the NL to accept the DH position. Pitchers hitting is detrimental to the flow of the game and its enjoyability. While it hurts to even think of, some would say baseball is slowly dying.

The top 50 most watched sports events in 2018 did not include a single baseball game, according to Sports Media Watch. The vast majority of this list are NFL games—high paced and electrifying. Many today say baseball is “too boring,” or “slow.” The addition of a DH in the NL can help eliminate this viewpoint.

Watching pitchers hit is almost always aggravating. The Washington Nationals, a NL team, had only one pitcher hit above .200 in 2019 (Jeremy Hellickson), and Hellickson only had nine plate appearances. Hence, pitchers are almost always automatic outs. When a pitcher comes to bat, the viewer automatically sets their expectations low. This hinders the viewer enjoyment.

In the AL designated hitters are often one of the best, if not the best, hitter on the team. This may contribute to the fact that four out of the five top scoring teams in the MLB in 2019 were AL. They had nine players in the lineup every game capable of scoring. More scoring leads to a more exciting and rewarding experience for the viewer. This means that when a DH comes to bat, the viewer expects action and henceforth enjoys the at-bat more. This is the opposite of when a pitcher comes to bat, who sometimes will bunt, jog to first, and be an easy out for the defense. This sequence of events is irritatingly predictable.

Pitchers are already the most at risk for injury out of any position—especially season ending injuries. In the NFL, the death sentence injury is a torn ACL. In the MLB, it is when a player needs Tommy John surgery. This season ending surgery is needed when a player has torn a ligament in their arm. Naturally, pitchers are the most common victim of this injury. This is why many teams in the NL often choose to have their pitchers bunt when at bat. Pitchers will still swing the bat on some occasions, and having a DH would eliminate the need for pitchers to put more stress on their body through hitting.

Having a DH would make life easier on NL managers. They wouldn’t have to consider offense when making pitching substitutions. In other words, they wouldn’t have to be concerned about the next pitcher’s ability to hit the ball. The manager and the pitcher should be purely focused on getting the next three outs. Having a DH would provide for offensive consistency.

NL fans are missing out on the experience AL fans have. NL fans don’t know the feeling you get when your DH comes to bat with the bases loaded. They have never known a Big Papi or a JD Martinez in recent times.

The NL knows it is time to make this change. Whenever the two leagues come together, a DH is used. The NL uses a DH in the All-Star game. They use a DH when playing at AL parks in the world series. It is time for a new age of baseball—with even more electric offense. 

—The Suffolk Journal Staff
Many Americans pride themselves on being able to choose a side and stick with it when it comes to political matters. For this same reason, many Americans shame centrists who can and will not do so. These ideals, however, have proven to be archaic. Centrists, or those who do not lean to a particular side of the political spectrum, are often misunderstood by people with opposing political views. For starters, people tend to place them in the dead center of the political spectrum. This is simply not the case.

Centrists do not conform to party lines, meaning they can tend to sway in any direction they choose depending on the matter at hand. Many often believe that solutions are of a higher importance than bias, a claim many people of opposing parties fail to understand. A true centrist finds it beneficial to state your opinion on a certain manner if you have one, and that it is imperative to do what is right rather than doing whatever is popular. This idea alone contradicts the concept of centrists being “ignorant” or “idiotic” people.

If the intentions of centrists can be truly seen and acknowledged, then one could argue that everyone should reconsider their political standpoints and pursue a set of beliefs that are not confined by party lines.

Those who are not centrists will, more likely than not, despise them. Centrists are commonly perceived as cowardly, as many believe centrists reserve their own opinions rather than actually standing on the middle ground for certain topics. This is yet another way that the intentions of centrists are misunderstood. Simply not being able to choose a clear side does not make someone weak-minded on the topic. Every centrist has the right to stand on the middle ground if they truly can’t lean to a certain side. If anything, those who withhold their opinion in hopes of not upsetting others do not even fall under the centrist beliefs. They would most likely reside on a certain side and just refuse to express it.

The use of political parties was a key component of the French Revolution in the 18th century. This was a time when someone could actually be executed or imprisoned for their beliefs. Luckily, for many free-thinking nations, society has come a long way since then. Although political parties are not exactly the problem, they are by no means the solution either. Despite popular belief, it is very uncommon for Republicans and Democrats to actually align with each other. Some believe they would only work with their respective party has. Or at the very least, it is very uncommon for these opposing parties to not understand and acknowledge the opposing side every now and then. With this being said, can’t it be seen as slightly hypocritical for these individuals to loathe centrist for using rational thought to choose a side? It certainly appears that way.

By looking at the current wave of politics through an unbiased lens, it can be clearly seen how centrists are not indecisive or overly cautious, but rather misunderstand. And their intentions, although not always worn on their chests, are generally good.

The U.S. must move to lower cost of insulin

Matthew O’Brien
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For many in America today, a diagnosis of Type 1 Diabetes (T1D) is a death sentence. Not because there aren’t any treatments available. But rather, because insulin, the “lifewater” for people with TID, has become prohibitively expensive for so many.

Alex Raeshawn Smith was your average 26-year-old. He enjoyed camping, was a fan of the Minnesota Vikings, and just started a new job. He was also a Type 1 Diabetic. He relied on artificial insulin injections to regulate his blood sugar. Luckily, he was able to claim dependency under his mother’s insurance, receiving the insulin he needed for only $300 a month. But as he turned 26, he aged out of his mother’s insurance.

As reported by NPR on Sept. 1, 2018, his job didn’t offer insurance, and he earned too much to qualify for Medicaid. Alec couldn’t afford the $1,300 a month out-of-pocket it cost to refill his prescriptions. So, he resorted to rationing his insulin. Roughly a month later, Alex died of Diabetic ketoacidosis, just three days before his next payday, all because he could not afford his insulin.

Diabetic ketoacido- sis is a terrible way to die. Your blood turns to acid, and you fall into a diabetic coma as your organs start to shut down. I know this because I am a Type 1 Diabetic. And when I was diagnosed at the age of 14, I almost died from Diabetic ketoacidosis.

According to the American Diabetes Association, 30.3 million Americans depend on insulin to treat their diabe- tes, with one-in-four being unable to afford their insulin. Further, insulin is growing more unaffordable each year. The list price of insulin has tripled since 2002. Insulin is the seventh-most expensive liquid in the world, selling at a rate of $13,100 per gallon. A vial of Humalog insulin costs $435 on average to an American without insurance, but costs $375 in Canada. Compounding this, three corporations, Eli Lilly, NovoNordisk and Sanofi, known as the “Big Three,” control the American insulin market.

The Big Three main- tain their stranglehold on the industry due to patent Evergreening and Pharmacy Benefit Managers (PBMs).

Evergreening is the process by which drug manu- facturers extend the life of their patents by up to 20 years at a time, simply by changing the ingredients in their drugs, even if they aren’t improving them at all, and applying for a secondary patent. According to the U.S. Food and Drug Administration (FDA), Sanofi has filed 74 secondary patent applications on its insulin alone, poten- tially granting them market exclusivity for at least 10 years. PBMs keep drug prices high as they line their pockets with rebates from drug makers. PBMs negotiate between insurance companies and phar- macies, controlling which drugs end up on insurers’ lists of approved drugs, receiving rebates from drug makers to do so. The higher a drug’s list price, the higher the PBM rebate.

PBMs must pass on the value of the rebates they receive from drug makers to consumers. The Trump Administration is making moves to treat PBM rebates as illegal kickbacks for Medicare, Medicaid and private insurance. A proposal by the Trump Administration would take rebate prices and pass them onto patients as discounts. Such a move would incentivize PBMs to make decisions based on positive health outcomes for consumers, not merely rebates.

Dr. Frederick Banting was the first to synthesize artificial insulin in 1921. He sold the patent to the University of Toronto for $1, saying “insulin does not belong to me, it belongs to the world.” Ever since, it has not been alive today were it not for his discovery. Tragically, Alex Raeshawn Smith died due to the greed of those who failed to heed the doctor’s words.

We dishonor the memories of Banting and Alex by continuing to support an industry of insulin price gouging.

Our government failed Alex Raeshawn Smith. However, it is within our power to ensure that no one ever again dies because they cannot afford the insulin they so desper- ateely need.
Men’s soccer player Sunjoon Tenorio was recognized as the Great Northeast Athletic Conference Rookie of the Week three times in a row this season.

Freshman Sunjoon Tenorio, or “Sun” as his teammates call him, has had an explosive season for the Suffolk men’s soccer team and recently received the accolades to prove it.

Last week, the 18-year-old from Saipan was awarded the Great Northeast Athletic Conference (GNAC) rookie of the week for the third week in a row. This is the first time a Ram has been acknowledged as the conference’s best rookie of the week three times in one season. He attributed this personal success to the team’s chemistry and camaraderie.

“We have a good connection on and off the field so it’s fun playing with them which makes it easier,” said Tenorio. His recent accolades should not come as a surprise, however, as he is used to playing at a high level. Back home in Saipan, Tenorio plays professionally for the Northern Mariana Islands national soccer team and is the third youngest player on the roster. While the transition from Saipan to Massachusetts may have been a little difficult at first, going from professional play to the collegiate level has proven to be a walk in the park thus far for Tenorio.

In the 15 games the team has played so far this season, Tenorio has scored 10 of the team’s 22 total goals and has also grabbed two assists along the way. The freshman also has all five of the team’s game-winning goals this season, making him tied for the second most total game-winning goals in the conference, according to the GNAC. The second of these game-winning goals came against Norwich University, giving Norwich their first loss of the 2019 season and their first loss to Suffolk since 2011.

Suffolk’s new men’s soccer head coach Austin Burrows admitted that Tenorio hadn’t always been the goal-scorer that he is today. While he has always had a knack for putting the ball in the back of the net, he actually played defense for the majority of his soccer career.

“I started as a center back actually then different coaches tried me at forward; I stuck with that because I ended up being better at it,” Tenorio said.

Nonetheless, Tenorio’s current offensive position has been working out just fine. The freshman keeps making his case for Rookie of the Conference more and more convincing each week by continuing to be a force on the field with his goal-scoring ability. Burrows said this is what makes Tenorio a contender for this year’s accolade.

As far as the team is concerned, there is a general feel of optimism about the remainder of the current season, as well as the seasons to come. Moving into a new conference next year will definitely be a test of their quality but Tenorio and Burrows both believe the team will be able to rise to the challenge.

“The conference will be tougher next year but we have the talent to compete and do good things,” said Tenorio.

Although he is only in his first year at Suffolk, Tenorio is already showing a tremendous amount of maturity on and off the field. The whole soccer program is optimistic about the future knowing they have a player with this strong of a desire to succeed at such a young age.

“If he keeps maturing and developing and getting that game experience over the next few years, he’ll be able to win a trophy or two for the team as well as himself,” said Burrows.
SPORTS

NCAA votes to allow student-athlete compensation, game changer for women

From NCAA - 1

Since joining the team her freshman year, Manfra has devoted hundreds of hours to training with the Suffolk cross-country team. She has become one of the team’s most decorated athletes, having been undefeated this season and having made it to nationals in all three seasons during the 2018-2019 school year.

Manfra also became an Academic All-American, which she feels is helping her coach with recruiting younger athletes. “It would be amazing to receive compensation in exchange for competing,” said Manfra. “I have devoted so much time to my sport and even spending my own money to buy equipment needed. Even if running shoes were covered for me that would save me several hundreds of dollars a year.”

Many student-athletes make significant sacrifices in order to play sports. For most athletes, college usually marks the end of an individual’s athletic career, unless they decide to move up to professional sports. U.S. Women’s Ski Team member Paula Moltzan has practically dedicated her life to becoming an Olympic athlete. Before joining the national team, Moltzan spent time racing while she studied at the University of Vermont (UVM).

Although she won several national titles during her time on the UVM ski team, Moltzan never received compensation from her school. “As a freshman I won NCAA, which is a national title,” said Moltzan in an interview with The Journal. “I received no benefit or gain, other than my pride. I would say any time I did well in a race or brought a bigger name to the school, I didn’t receive any benefit from it, I do think it’s odd that although I won a national title, all I got out of it was a title.”

Schools are able to benefit off the likeness of athletes in order to get sponsorships for the entire team, but athletes cannot accept any sponsorships on the individual level. For individual sports like cross country and alpine skiing, this act could make a huge difference by giving athletes the ability to accept individual endorsements – contributing to their personal success.

“There are a lot of college athletes competing at the D-II or D-III level where the same resources aren’t afforded to them in college,” said sophomore cross-country captain Matyas Csiki-Feger to The Journal. “The shoes I wear are $180 and a lot of runners have multiple pairs of shoes at that cost. If athletes were able to get even small sponsorships, from a local company, that could definitely increase their

opportunities in the sport which could lead them to getting more recognition.”

Moltzan also said that skiers usually have to supply all of their own equipment, as opposed to sports like hockey and basketball that can receive team sponsorships.

“Individual sports, sponsorships and endorsements could help make life as an athlete affordable and enjoyable for more people.”

If you were allowed to have endorsements, that would help maintain your sponsors through college and you could have contact with them to get the equipment you need for free,” said Moltzan. “You could have the opportunity to get paid and that would give you the equipment you need and give you the money you need to go to bigger races that cost a lot more.”

While the world of professional sports is primarily dominated by men, this new act provides a new level of upward mobility for women after college.

“I think professional sports for women are popular and widely known and followed by their own fans, but in comparison to men’s sports, the gap is huge,” said senior cross-country captain Emma Weisse.

This act could level the playing field by giving the individual athlete the power to market their own brand and benefit off of their own name, image and likeness rather than their school.

“If female athletes have the opportunity to grow their own personal brand at a younger age, that just sets them up to be more popular as their career progresses,” said Weisse.

Female athletes are often overlooked and under-considered when it comes to both college and professional sports, but this law may change that.

“If maybe younger girls can start seeing that women are starting to be paid more and that maybe it’s a better opportunity and that maybe you can actually make a life out of being an athlete, then I think this could really help grow women’s sports,” said Moltzan.

Knowing that there is greater recognition for female athletes in college could help younger athletes to stay motivated and driven in their athletic careers.

“Most female athletic recognition is from Olympic athletes,” said sophomore volleyball player Christina Hickey. “This might push more female athletes to keep going and further their athletic careers, leading to more athletic recognition in general.”

With such a prominent divide between men’s and women’s sports in the professional world, there is also a tremendous gap in pay between male and female athletes.

“It could definitely mean that more people appreciate the effort that female athletes put into the sport - which is equal to what men put into the sport for sure so they deserve equal recognition,” said Csiki-Feger.

“Obviously it’s just sexism that’s in the way of that recognition. Over a long period of time this could maybe help to lessen those biases that people have, that is also important.”

Compensating student athletes for their names, images and likeness at the collegiate level may be a small step in abolishing this severe wage gap.

“People don’t view women’s sports in the same light as men’s which I think is a big problem,” said Suffolk senior soccer captain Christian Restrepo. “The talent level seen in their sports is pretty incredible and I think it deserves to be shown to the same level as a national level.”

“This law could change the world of female sports by promoting equal compensation and equal value across sports for both sexes,” said Manfra. “Every athlete deserves to be compensated for the hard work that they devote to their sports as it reflects and promotes their school as well.”

It is still being determined how this groundbreaking vote by the NCAA will impact the future of Suffolk athletes. One thing is for sure - this will change the world of college sports as we now know.