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"The Station That Rocks Suffolk!"

SUFFOLK FREE RADIO

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African women make a stop at Suffolk

By David Grady

African women have been retired from their jobs because they are too old and now many have been rehired to the positions they held before. They are working in the kitchen of a restaurant in downtown Boston, Massachusetts. The women were previously employed as cooks and waitresses in the restaurant but were laid off due to the economic downturn. However, they have now been rehired as part of the restaurant’s efforts to support the local community. The women say they are happy to be back at work. They are looking forward to the continued support of the community. The restaurant is also looking to support the community by offering training programs for young people.
LETTER TO THE EDITOR

In last week's issue of the Suffolk Journal, I read an article by Anna's Mainstreet columnist, which I found admirable. Ms. Mainstreet's work is always insightful and well-written, and this article was no exception. It dealt with a topic that is of great interest to me, and I found myself engrossed in her arguments. I must admit, however, that there were a few points in her article that I found less than convincing. For example, Ms. Mainstreet asserts that the current economic situation is largely the fault of the federal government. While I agree that the government has a significant role to play in shaping the economy, I believe that individual actions and decisions also contribute to the overall picture. Nonetheless, I appreciate the effort Ms. Mainstreet has made to address such a complex issue.

I also wanted to express my support for the upcoming Freshman Elections. It is refreshing to see such a lively and engaged student body. As a member of the community, I believe it is crucial for students to participate in the democratic process and shape the future of our university. The elections will undoubtedly bring about change and new perspectives, and I am excited to see the outcomes. Lastly, I would like to encourage everyone to think critically about the candidates and their platforms, ensuring that they make informed and intelligent choices. The welfare of our institution depends on it.

In conclusion, Ms. Mainstreet's column was a valuable read, and I commend her for her dedication to her craft. The Freshman Elections are an opportunity for students to exercise their voices and make an impact on our campus. Let us all make the best of these opportunities and work towards a better future for Suffolk University.

Sincerely,
[Signature]
[Name]

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COMMENTARY

By Regina Collins

The recent developments in global politics have once again highlighted the importance of education in preparing young people for the challenges of the future. As we look towards the upcoming elections, it is crucial that we consider the role of universities in shaping the minds of our students. Suffolk University is known for its commitment to excellence in education, and this is evident in its academic programs and extracurricular activities. However, I believe that there is still room for improvement in terms of implementing innovative teaching methods and fostering a sense of community among students. The university could also benefit from incorporating more international perspectives into its curriculum, which would help students develop a broader understanding of the world.

Despite these challenges, I remain optimistic about the future of Suffolk University. With a strong faculty and dedicated students, I am confident that the university will continue to grow and thrive. As we move forward, let us remember the importance of education in shaping the minds of our youth and preparing them for the demands of the future.

In conclusion, let us all work towards creating a more inclusive and dynamic educational environment at Suffolk University. Together, we can ensure that our students are well-prepared to meet the challenges of the 21st century.

Sincerely,
[Signature]
[Name]
SIDETRACKS

Planetary Society searches for life

By Lisa Tedesco

The Planetary Society, based in Los Angeles, is a non-profit organization that seeks to educate the public about the search for extraterrestrial life and the potential for human expansion into space. Founded in 1980, the society has grown to include over 60,000 members worldwide. The society's flagship project, the LightSail Project, uses a solar sail to propel a spacecraft to near-Lunar orbit. The society also conducts research on the potential for life on other planets and hosts annual conferences and meetings. In 2018, the society announced plans to establish a permanent space station in low Earth orbit. The society's work is supported by donations from members and sponsors, including NASA and the US Air Force. The Planetary Society is committed to advancing the exploration of the solar system and the search for extraterrestrial life, and is dedicated to educating the public about the potential for human expansion into space.
Chuck Norris: A making of a screen image

Invasion U.S.A. doesn't stand a chance
MUSIC

Slayer annihilates 'L'amour in New York'

by Chris Hensley

The latest album from Slayer, 'L'amour in New York', demonstrates once again the band's power and brutality.

College Fest sells itself

by Ken DeCosta

This year's College Fest was a success, with a variety of performances and activities for students.

Part Time Work

Driving positions are available at Hertz Rent-a-Car, 20 Park Plaza, Suite 637, Boston. Drivers are required to transport our vehicles throughout Boston, Cambridge, and Logan Airport. Drivers must possess a valid Massachusetts driving license, have a good driving record, and be willing to work nights and weekends. An excellent opportunity to earn money while attending school. For further information, contact Ernie Felzani at 542-1112 or apply in person, between 9:00 A.M. and 3:00 P.M. Monday through Friday, at the above address.

Interest pops back to The Cure

by Chris Hensley

The Cure have released their latest album, 'Interest Pops', which has received favorable reviews from music critics.

Animosity does not conform

by Marc Johnson

The latest album from Animosity, 'Does Not Conform', showcases the band's heavy metal influence.

Desperately seeking

by Marc Johnson

Jay-sophomore

Ellen from Simmons

Mary Ann's same time same place

Recognizing and Managing Stress

WORKSHOP SCHEDULE FALL 1985

Suffolk University Counseling Center

For more information, contact the Center, Anchorage 301 ext. 225 or 227

SPECIAL FILM PRESENTATION: 'Stress Management on the Job' - November 15, 1985 2:00-3:00 PM

SOMETHING TO TELL YOUR CO-WORKERS: BRING YOUR FRIENDS

Stress Tips:

SOME TIPS FOR MANAGING STRESS AT WORK

1. Plan your workday. Set aside time to plan your tasks and goals. Identify what needs to be done and prioritize your tasks.

2. Learn to say no. It's okay to decline requests or responsibilities that are not within your scope of work or are too demanding.

3. Set boundaries. Establish clear boundaries with others to avoid feeling overworked or overwhelmed.

4. Learn to manage stress. Practice stress management techniques such as deep breathing, meditation, or exercise to help manage stress.

5. Prioritize self-care. Make time for activities that promote relaxation and well-being, such as reading, exercising, or spending time with loved ones.

6. Seek support. Don't hesitate to seek support from colleagues, friends, or family members when facing stressful situations.

7. Review your progress. Periodically review your progress and make adjustments as necessary to ensure you are on track.

8. Practice gratitude. Focus on the good things in your life and practice gratitude daily to help maintain a positive outlook.

9. Focus on the present. Avoid dwelling on past mistakes or worrying about the future. Focus on the present and what you can control.

10. Make time for hobbies. Engage in hobbies or activities that you enjoy, as they can provide a mental and emotional break from work stress.
SPOTS
Farma smiles despite golf team loss
by Charles J. St. Amant
A smile. A smile. A smile. The last time Farma had a smile on his face was when he was six years old. "I wasn't smiling then," he said.

The 1985 Suffolk University golf team, which unfortunately had a two-day-ago loss to BC, has not been able to smile since.

THE ADAMS DIVISION
Boston Bruins
1. New Jersey Devils
2. Pittsburgh Penguins
3. New York Islanders
4. Philadelphia Flyers
5. Washington Capitals

The Boston Bruins, who have owned the Adams Division since 1975, have finally been able to show some signs of life. Coach Joe Watson is even considering moving up to Division II.

THE PATRIOT DIVISION
1. Washington Capitals
2. New York Rangers
3. St. Louis Blues
4. Hartford Whalers
5. Montreal Canadiens

The Carolina Hurricanes, who have been holding their breath since 1975, have finally been able to show some signs of life. Coach Joe Watson is even considering moving up to Division II.

SUFFOLK UNIVERSITY
JOB OPPORTUNITIES

LANE H Coat Coach Joe Watson

Cross-country off and running
By Joe Watson

The cross-country team is looking forward to a great season. The team has been working hard and is ready to compete.

FACT FROM THE OFFICE OF FINANCIAL AID
Did you know that Financial Aid Applications for Spring 1985 are now being accepted? Assistance will be available in the Office of Financial Aid on Monday, October 7, 1985. THE DEADLINE FOR FILING THIS APPLICATION IS THURSDAY, NOVEMBER 8, 1985.

Boston honors Red Auerbach
by Mike Delmar

Red Auerbach, the man who built the Boston Celtics, was honored on the basketball court recently. The team dedicated a new statue to him in his honor.

NHL sneak peek
by Barry Glazer

THE COLORADO AVALANCHE
Remember when the Red Sox were in the playoffs to make them gerçek? Well, the Colorado Avalanche are in the playoffs to make them echt. The team has been playing well and is looking to make a statement.

SPOPS
Sports grabbag

The Bruins seized the opportunity to make a statement and the team is looking forward to the next game. The team is looking forward to the next game.
**Suffolk Journal**

**Volume 41, Number 7**

**SGA election results**

- **Sophomore Representative**
  - Daniel Gendron 10
  - David Malbit 8

- **Junior Representative**
  - Lauren Hickey 11
  - Lauren Mucha 10

- **Senior Representative**
  - Sarah Harney 11
  - Beth McNaughton 9

**Peace Group plans agenda**

**by David G. Willy**

The purpose of the meeting was to discuss the agenda for Suffolk's Peace Group. The meeting was held in the Library and included members of the Peace Group and members of the ROTC. The meeting was attended by a group of Suffolk students and faculty members. The agenda included discussion of the Peace Group's goals and objectives, as well as the agenda for the next meeting.

**Supt. White discusses expanded services**

**by Lisa Travers**

Melissa White of N.F. Supt. of Health Services, is pleased to announce that during the past week of the month, the Division of Health Services has received over 100 new patients. The Division of Health Services is responsible for providing health care services to students, faculty, and staff. The Division of Health Services includes a walk-in clinic, a health center, and a pharmacy. The Division of Health Services is located in the Health Services Building on the campus of Suffolk University.

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Charles River Plaza, Boston
Free Valued Parkings

**Peace Group meets ROTC, Supt. White**

The Peace Group meets ROTC, Supt. White, and J. B. Reilly, Suffolk Campus Director. The meeting was held on the Suffolk campus and included members of the Peace Group and members of the ROTC.

**SGA representatives**

- **Sophomore Representative**
  - Daniel Gendron 10
  - David Malbit 8

- **Junior Representative**
  - Lauren Hickey 11
  - Lauren Mucha 10

- **Senior Representative**
  - Sarah Harney 11
  - Beth McNaughton 9

**Peace Group plans agenda**

The Peace Group plans an agenda for the meeting to discuss peace-related issues. The agenda includes discussion of the Peace Group's goals and objectives, as well as the agenda for the next meeting.

**Supt. White discusses expanded services**

Melissa White of N.F. Supt. of Health Services, is pleased to announce that during the past week of the month, the Division of Health Services has received over 100 new patients. The Division of Health Services is responsible for providing health care services to students, faculty, and staff. The Division of Health Services includes a walk-in clinic, a health center, and a pharmacy. The Division of Health Services is located in the Health Services Building on the campus of Suffolk University.

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