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THE SUFFOLK JOURNAL

Volume 42, Number 1

August 25, 1986

Renovations to provide "better services for students"



A lab in Archer awaits major renovations.

photo by David Grady

by David Grady

Suffolk University is preparing for the coming fall semester with major renovations of the Sawyer and Archer buildings. "Basically, we're remodeling to provide better services for the students," explains Edward Farren, Director of Suffolk's Physical Plant.

Contracted construction crews are now working on a total remodelization of the science labs on the fifth and sixth floors of the Archer Building while Suffolk employed maintenance crews are putting the finishing touches on the newly remodeled eighth floor of the Sawyer Building.

Farren called the Archer renovation "a major job" that required the contracting of Vappi Construction company but adds that the renovation of Sawyer's eighth floor is an "in-house" job. "It's a job we're capable of doing. We can do internal remodification," said Farren.

Before the remodification the Financial Aid and Admissions offices on the 8th floor were separated by walls on either side of a narrow hallway. "It was kind of a long hallway," says Robert Lay, Dean of Enrollment Management. "It reminded me either of a bowling alley or a long high school corridor." The long hallway and walls are gone now, replaced by a comfortable, spacious waiting room, and the two offices have easy access to each other.

The waiting room will eventually have a bookcase well stocked with "college-help" books and a television

monitor with a videotape about Suffolk. Dean Lay explained that this attractive waiting room, combined with the efficiency of the newly remodeled offices, will exert a positive influence on prospective students. "We wanted to present a professional face to the rest of the world," said Lay.

"We now have a new system of reporting," explains Dean Lay. "I have Financial Aid, Undergraduate and Graduate Admissions, The Registrar's Office and Research all under one umbrella. I wanted to integrate us all so that we could work better together. If you've got big walls and a hallway between you, you really can't work as well together."

The remodeling of Sawyer's eighth floor follows last semester's move of the Career Planning and Placement Office from Sawyer to 20 Ashburton Place. The Placement Center moved into its new office with Suffolk's Co-op Department, providing students with the convenience of being so close together. The same can now be said about Sawyer's eighth floor. "We now have each department becoming a little more aware of what the other is doing," said Lay. "Some colleges have their admissions offices and financial aid offices at opposite ends of the campus. I think that's absolutely crazy."

Suffolk hopes to complete the construction in Archer by September 3, according to Physical Plant Director Ivan Banks.

A guide to good eating at Suffolk

by Elizabeth Anderson

Difficult as it may be to believe, the stringent curriculum here at Suffolk does occasionally allow students time to indulge in some of the marvelous cuisine available in the area.

Should you happen to find yourself with some free time and a noisy stomach that simply won't be satisfied with a pack of Peggy Lawton's fantabulous edible hockey pucks, you might consider patronizing one of the following establishments.

The Sawyer Cafeteria: Located on the third floor of the Sawyer Building.

The beauty of "the caf" is that it is ideal for those who have limited time, limited funds, and will be happy with the run-of-the-mill cold cut, tuna fish or grilled cheese sandwich, a salad, and occasionally, a very passable pasta dish. The cafeteria has a decent assortment of pastry and muffins for the breakfast crowd, but avoid the doughnuts. Avoid the cafeteria if you plan to do any studying. Nobody goes there to study and only a handful go there to eat. The Sawyer Caf provides a meeting place for students who really just want to hang out. Also, for all you beautiful people who are looking for a clique to call home, the caf is a must.

The Red Hat: Located in Old Scollay Square, at the corner of Bowdoin and Cambridge Streets.

You will undoubtedly become familiar with or at least hear about the infamous "Hat" within your first week at Suffolk. Besides being the most popular watering hole near campus, the Red Hat has a great selection of finger food munchies. The potato skins are the best in the neighborhood and the nachos can't be beat. If you're willing to spend a few bucks, you can get a pretty decent sandwich platter or just about anything else, and if you sit down-



stairs,, a complimentary basket of hot popcorn.

Primo's: Located on Myrtle Street, one block away from the Archer Building.

Primo's is a fantastic little place where you definitely get your money's worth. Known for its pizza, Primo's has incredible hot sandwiches, subs, and salads. Seating at Primo's is limited, especially between 11:30 a.m. and 1:30 p.m., but you can take-out and dine in the Fenton or Ridgeway lounges.

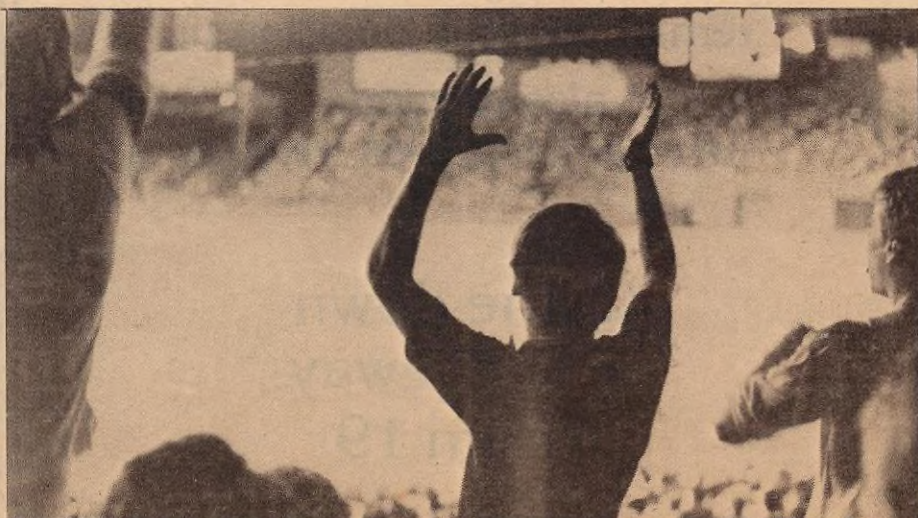
The Capital Hill Coffee House: Located at the corner of Bowdoin Street and Ashburton Place.

This little spot is popular because it's only two doors away from the Sawyer Building. Anyone coming to school from the Park Street station has to pass the Coffee House. This shop brews the best coffee on the Hill and is a warm little pitstop on those icy mornings. The food is OK, but they don't serve anything there that you can't get somewhere else for a little less money and that probably tastes better.

The Bostonian: Located on Cambridge Street, next to the Ridgeway Building.

The Bostonian is regarded s one of the better delis in Boston. The far offered is moderately priced and is in-

deed very good. It's a great place to go if you're really up for meat and potatoes with all the fixings. If all you want is a sandwich, it would be more economical to head up the Hill to Salvi's or
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The fans go wild — Red Sox Fans take to their feet cheering their home team to another victory. See page 4

photo by David Grady

SIDETRACKS

Editorial

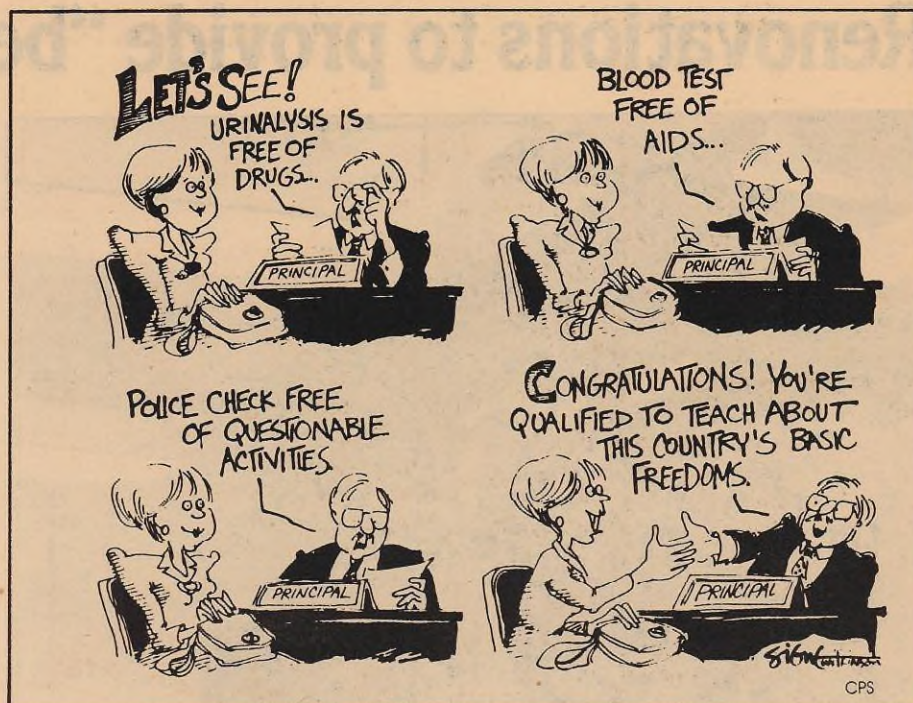
Members of the Suffolk University class of 1990 may have more power than they imagine. There lies today the almost undeniable notion that the students of this country are discovering a new sense of responsibility toward society, and incoming freshmen can play a key role in this growth.

Last year was a year of unrest both at Suffolk and colleges across the country. Issues of great socio-political significance were taken to heart by students who knew the possibilities of affecting change. At Suffolk, for example, students rallied both with area schools and on campus to urge divestment of funds in South Africa by the university. The action did not go unnoticed, as the conservative Board of Trustees narrow 10-8 veto attests. It was a moral victory for the protesting students, and an indication of the changing times.

Syndicated columnist Andy Rooney

was moved this summer to comment that if one wished to discover the morally correct position on most socio-political issues, one needs only to listen to the voice of the students. What Rooney implies is that the position taken by the youth of this nation is not only an undeniably strong one, but one which anyone wishing to apply moral considerations to an issue cannot help but listen to.

It is, therefore, the duty of the students to ensure that their opinion is made plain. As another semester opens, the state of social unrest among collegians remains, with no sign of fading. It is a great responsibility the nation's young are taking upon themselves, and it is the responsibility of the class of 1990 and classes to follow to see that this collective voice continues to grow and strengthen.



Commentary

by Steve Chainsaw

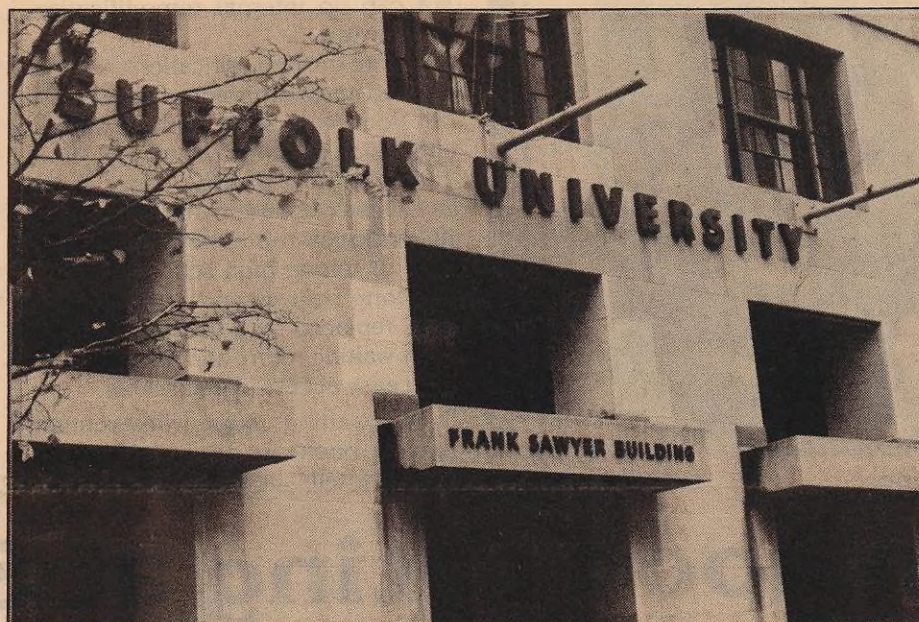
Nothing is perfect, and that certainly includes Suffolk. Suffolk is a good school, but before the new school season officially begins there are a few things that are in desperate need of attention.

The Ridgeway Building

This entire building is an embarrassment to the school and everyone knows it. It needs to be painted and its mix and hope-to-god-to match furniture can no longer withstand the torment of of fraternity-sorority hazings (shoops), social gatherings, that is. What is supposed to be the activities mecca of the school is an eyesore for even a blind person. The radio station is constantly being shut down because some sweetheart is complaining that the music is traveling through the phone system — who's fault is that? TKE also needs a new office — hopefully in another building.

The Math Department

Forcing students to take a class as useless as finite math is a waste of time.



The Frank Sawyer Building

photo by David Grady

A person could receive a B in the class — but if they do not pass the competency test by the end of the semester they do not receive a grade at all. It makes little sense to put a person in a class in the first place, if they do not

pass a test to see if they are competent enough to take that very class. None of the professors in this department speak English either.

The Sawyer Building

Every morning there is a truck

parked in the loading dock, causing students to have to walk into traffic to get around to where the doors are, the first of which is always locked. Mentioning the elevators is probably a waste of time. There is nothing like being held prisoner in one of those things on the first floor for ten minutes while being suffocated by a group of people who only have to go up one flight.

The Sawyer Cafeteria

Not only is this place usually a mess, the workers constantly take food from people who are not finished with it. The workers, none of whom speak English, are also always turning off the radio station, because they do not like it.

The Journalism Department

None of the typewriters in any of the journalism classrooms work. Most of the freshman students can not even yet type, never mind being given a 10 minute time limit to type an article for a grade. At least the professors speak English.

Most of these problems can easily be solved, all it will take is a little time and money. There must be something left over from the profits on those South African investments.

The Suffolk Journal

WANTS YOU

We need writers to fill a few remaining staff positions.

also needed:
news and features writers

Come down
to Ridgeway
Room 19

The Suffolk Journal

8 Ashburton Place
Boston, MA 02108
617/723-4700 x.323

The Suffolk Journal is the official newspaper of the student body of Suffolk University; it is published weekly throughout the academic year and monthly during the summer. It is the policy of The Suffolk Journal to be an opinion leader and sounding board for student views by providing a medium for democratic expression. Those who work on the staff gain invaluable practical experience in newspaper writing, re-writing, copy editing, layout and advertising, available to all interested students regardless of major.

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Contributors: Joe Fitzgerald, Rasna Warah, Paula Hurley, Gail Johnson, and Donna Caturano.

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SIDETRACKS

The mystery of Nutrasweet

by Steve Chainsaw

You have just stumbled back into your house after a long day of classes and work, and you are ravenous. You see a tightly wrapped Devil Dog sitting on top of the counter, just waiting there for your eager consumption. You want that Devil Dog, you would kill for it, but the problem is, like much of the population, you are trying to stay on a diet. Instead of giving into your impulses, you ingest a 12-ounce can of some sort of diet carbonated beverage. But, do you really know what you are drinking and is it helping you in your weight loss goal?

Most diet soft drinks on the market are sweetened with a substance called aspartame, better known as Nutrasweet. Nutrasweet is a combination of two amino acids, aspartic and phenylalanine. Per gram, Nutrasweet has the same amount of calories as sugar, but it is also about 200 times sweeter. However, a teaspoon of Nutrasweetened sugar substitute, the kind one might use in coffee, is four calories, while a teaspoon of real sugar is just 16 calories because some glucose must be used to carry Nutrasweet.

Nutrasweet was approved for use in soft-drinks in 1983 by the FDA and the number of complaints has been growing ever since. Reported side-effects of Nutrasweet use have included headaches, seizures, and menstrual problems. According to the FDA, Nutrasweet possesses no possible risk, although it recommends that an adult consume no more than 50 milligrams

of Nutrasweet per kilogram of body weight daily, or no more than 17 Nutrasweetened soft drinks a day for a 150 lb adult. It must also be mentioned that the long-term effects of Nutrasweet are unknown.

The other question about products that contain Nutrasweet is that whether it actually help a person on a diet or if it has little or no effect in weight loss. Some experts on weight control have suggested that people that use products with artificial sweeteners tend to increase caloric intake with other foods. What they are saying is, that a diet soda with a meal may be an excuse for an extra helping of something else.

The commercials on television lead one to believe that Nutrasweetened products help one stay in shape. For the most part, this is untrue. Linda Evans, who pushes the Nutrasweetened Crystal Light, does not need Crystal Light to stay in shape — exercise. Exercise burns fat and tones muscle. You will not lose weight by just exercising, but you will lose inches, and that is what most people want.

No one really needs to drink diet soda, except diabetics looking for an alternative to sugar. A can of soda has about 160 calories, and exercise will not only burn that off, but also keep burning off other calories at a faster rate.

A guide to good eating at Suffolk

(continued from page 1)

Santoro's on Bowdoin Street.

Frog Lane: Located at Faneuil Hall. Frog Lane has great food at very reasonable prices and a fun atmosphere to boot. This restaurant has a wide selection for diverse tastes. You can get some very good Mexican food as well as sandwiches, salads, and some very interesting seafood dishes. Two people can eat for about ten dollars.

The Filabuster: Located on Park Street, across from the State House.

The Filabuster is an excellent breakfast stop. The morning special consists of two eggs, hash browns, toast and coffee and costs less than \$2.00. For lunch, The Filabuster serves your basic hamburger, soup, salads, and sandwiches. It is definitely worth stopping into the place just to try out the baklava, which is delicious.

The Publik House: Located on School Street.

This restaurant is a little bit more stuffy than other neighborhood restaurants, but by no means too formal. It is recommended if your budget is more or less unrestricted and you're looking for someplace to sit down for a real meal. The Publik House grills a mean steak and serves it with a potato or on a bed of rice pilaf. The prices are moderate to high.

Sun Tuey: Located on Cambridge Street, next to the Ridgeway Building.

Specializing in Chinese cuisine, Sun Tuey has fairly acceptable food at prices which are a bit lower than those of other Chinese restaurants. You are guaranteed to be able to find seating here during the day, just don't be in too much of a hurry. The waiters like to take their time.

The Suffolk Journal

NEEDS NEWS AND
FEATURES WRITERS



The city's night skyline as seen from the North End.

photo by David Grady

SPORTS

Red Sox continue to amaze

by Maureen Pirone

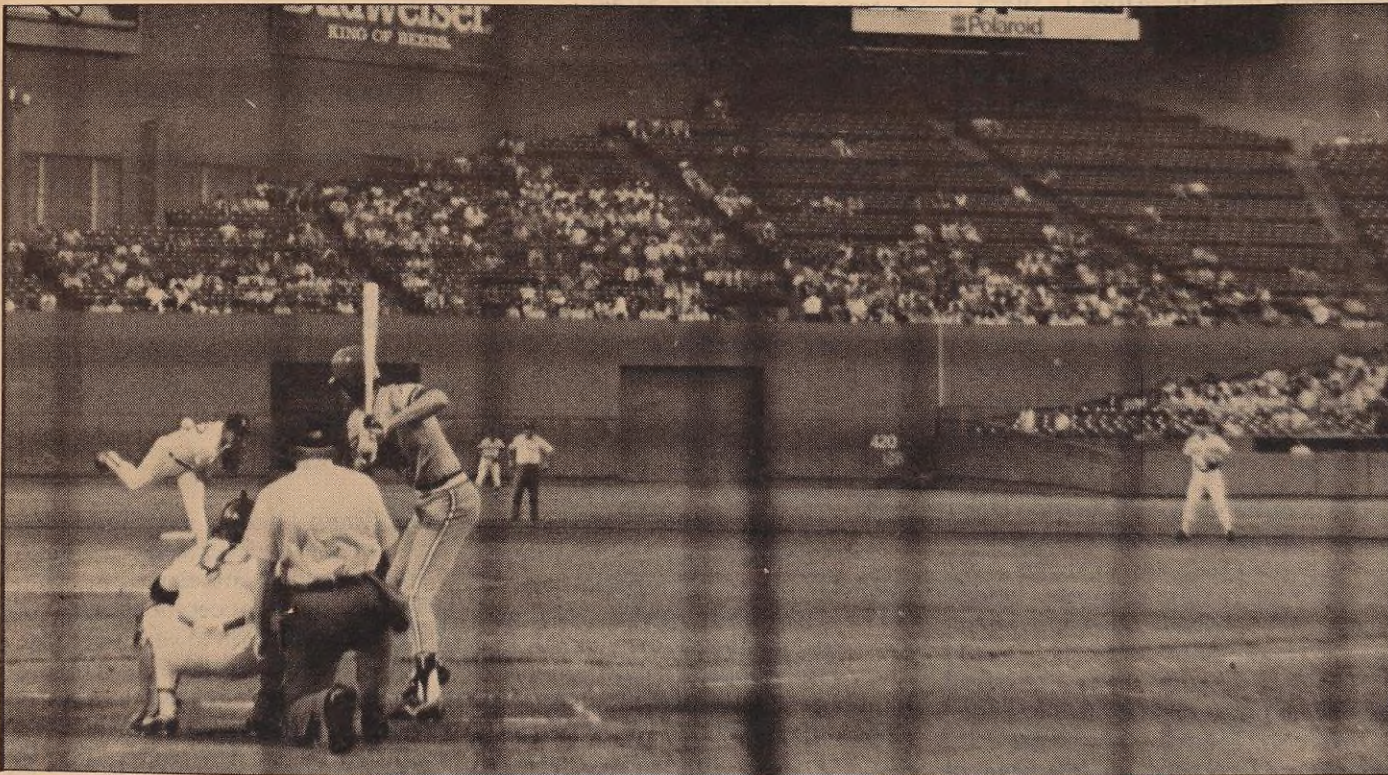


photo by David Grady

Pennant fever grips the Hub.

There's something different in the late summer air in Boston this year, something largely unfamiliar to residents of the area. It's pennant fever, and it's spreading like an epidemic.

It's certainly unusual to see the Red Sox in first place so late in the season.

Too many fans have spent too many years watching their beloved BoSox enter the home stretch either deeply buried in the standings or lacking the manpower to generate a serious threat. But this year feels different.

There are several factors figuring

into the late season success of the Olde Towne team. For starters, the pitching staff is far stronger than teams past. The starting rotation has been consistent, and often brilliant. Roger Clemens has been an inspiration to all, as has mid-season acquisition Tom Seaver.

The young Texan has dazzled fans all season with his aggressive, masterful pitching, and future Hall of Famer Seaver has smoothly won over fans and teammates with his inspirational leadership both on and of the field.

Offensively, this is still a powerful line-up. The odd slump has left people scratching their heads on occasion, but the outstanding batsmanship of Wade Boggs and Jim Rice along with some great clutch hitting have the Sox sitting pretty offensively. Power has been lacking in the new look offense, but it has yet to be sorely missed.

It has been a productive season in terms of successful trades. The acquisition of Seaver has been inspiration to this young, maturing staff, who can only benefit from his years of experience. Recent acquisitions Spike Owen and Dave Henderson from Seattle are sure to figure into the strength drive. Owen has moved already into the starting shortstop slot, and Henderson appears ready to take over for the often ailing Tony Armas in center.

Not enough credit can be given to Manager John MacNamara. He has taken a mediocre ballclub and built it into a serious contender. This is no easy task in the American League East, the toughest division in baseball. MacNamara has developed a well-balanced ballclub, something this team has always lacked.

***Help organize the parties
that shocked the nation***

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Applications are now available in the Student
Activities office in the Ridgeway Building.

Applications deadline is noon, September 12.