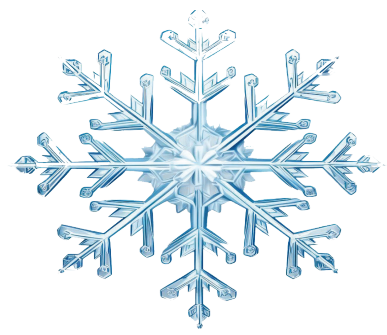




Scepter



The Students' Voice

Kingsborough Community College

December 2024

The City University of New York

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Student Burnout: It Starts With An All Nighter

BY: REIGN NUNEZ-BAILEY &
DOHA OMER

Burnout is a word that often sounds alarm bells in students' heads. But what is it really? Like many, you might be in the dark about this topic—luckily the KCC wellness center is a valuable source of information, often holding workshops to educate students on issues like these. According to them, burnout is characterized by a mental and physical feeling of exhaustion, depersonalization, or a loss/lack of personal success.

Outside of this, a student may feel the following symptoms: run down/drain of emotional or physical energy, less sympathetic to people, easily irritated by small problems, feeling misunderstood/under appreciated, and negative feelings about school.

College students on the other hand may be victim to a host of other symptoms, such as: overall exhaustion, increased substance use in order to cope, poor academic performance, difficulty connecting with others, college depression (helplessness/sadness), college anxiety, apathy, lack of motivation, weight loss/gain, difficulty sleeping/relaxing, and lastly, irritability (mood swings, anger or frustration).

If you recognize that you may be suffering with these symptoms, it is vital to understand that you are not alone. Many students have been in your place, and made it to the other side. It is not the end of the world, and there are ways to mitigate the issue. As Liam Lotz, a Liberal Arts student states, "A job has to be done, so while I may neglect my work for maybe a day or two, it's because I recognize that I may be giving myself too much to do. So I give myself a break and when I return to it, it will be at the same quality of work if not better than before." Walking away from your work if you're overwhelmed could be a good way to stave off burnout before it begins. But while this may work in his case, it may not be this simple for another.

Practicing self care is another

term that is often thrown around as a solution. Specifically, it is the practice of taking an active role in protecting your own happiness and wellbeing. That may look like indulging in hobbies like journaling, meditation, working out. Or, making healthy food choices, drinking water, and cleaning your room. On top of this, remembering that re-evaluating your schedule, and figuring out what you can and cannot handle is also part of the college experience, and will only help you.

KCC students also have the ability to build flexible schedules that suit their lifestyles, with courses ranging from early mornings to late nights. Freshmen also have access to programs like FLEX that allow students to take online and in-person classes. These options are useful alternatives and provide accessibility which may alleviate some stressors.

On the other hand, you may not be that lucky and registered for classes late this semester.

The alarm clock rings, and you have had less than two hours of sleep; that is if you slept at all. Class starts in about an hour, but all you want to do is go back to bed. This is your schedule almost every day for the next 12 weeks. Anyone would be tempted to change their schedule or drop their class, but it's not that simple. KCC students are free to change their schedule, but this is not ideal. Withdrawing and earning a W or WD on a transcript should be a last resort, as it can negatively affect financial aid. According to DataUsa, 97% of KCC students receive financial aid, whether that be through grants or loans. In short, many students cannot afford to withdraw or fail their classes.

With the looming threat of losing financial aid, KCC students still have lives to deal with. Students are juggling their lives between work, classes, household responsibilities, family, friends, and weekly assignments.

While some students may have long commutes, lasting over an hour. These students are overextended, which creates excess stress.

The added stress can lead to poor mental health, burnout, and underperformance. "Initially, it took me about an hour and a half to get here. But after they started doing construction on the B and Q lines, I've had to start waking up at five a.m. in the morning just to be a couple of minutes early, or late. The constant traveling and doubling your commute time really affects your awareness. It's a constant state of hypervigilance for the sake of your safety", says Day Shirk, a Mental Health and Human Services major. In situations like these, students often do not find solace in usual advice like practicing self care, and want something more practical to fit their lifestyles. If this sounds like you, there are still ways to get help.

For burnt-out students, having a sense of community is important so that they know they are not alone. Making time to hang out with friends is a great way to destress. Also, working alongside a friend or a classmate can help ease the burden, and it's a great way to socialize while getting your work done.

Peers can relate to your struggles, and even share their own stress relieving strategies. During intense moments of silence and focus, being surrounded by dedicated peers can also help motivate you to finish your assignment, which is a strategy that may work for introverted students. Outside of the classroom, the best place to go for an environment like this is the library. The top floor has a small and quiet area with a peaceful window view of the ocean.

If struggling to meet deadlines is the source of your stress, a good strategy would be to talk to your professor. While it may sound common, many

students underestimate the power of communication. Oftentimes, making your professor aware of your situation can help them to help you. They may provide you with solutions, or break down concepts or assignments you have difficulties understanding. As professors, they are not adversaries. Their goal isn't to fail students, as long as they do their part.

Knowledge of available resources can help individuals manage their time effectively as college students. If commuting and work are issues, see if you are eligible for work-study. Work-study allows students to work paid positions on campus, eliminating the stress of another commute.

As previously mentioned, the Wellness Center is an invaluable campus resource. The Wellness Center provides workshops that help with burnout, keeping on track, and more. Free counseling services are also available to students. With this, you can schedule a group or individual counseling session with the flexibility of being in-person or virtual. To schedule counseling, visit the Wellness Center in room D102. All counseling services are confidential.

You may already know to be mindful of important dates and deadlines, but is class registration on your radar? Announcements for class registration happen later in the semester, making them easy to miss. Look out for the announcement and register for class as soon as possible. Do not hesitate! You will be more likely to get the schedule you want and hopefully avoid dreadful all-nighters.

Lastly, don't fret if you don't get straight A's. Not being perfect doesn't make you a bad student, just human. It will not prevent you from getting a job, and it does not make you a failure. Striving for great grades should never come at the cost of your mental and physical wellbeing.



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Letter From The Editor

Coming into Kingsborough, I was not expecting such a welcoming community. Since my last experiences in high school came to a close during the pandemic, school left a sour taste in my mouth. But like many, I saw this school as a chance for a fresh start. As I adapted to my surroundings and the Kingsborough community, I let myself relish all that it has to offer. While coming into the school as a liberal arts major, I quickly realized that there was no other option for me but to pursue my passion for journalism.

I chose to use my writing skills in Scepter, where I started as a staff writer in my first semester, then became the club's secretary starting in the Spring of 2024. Becoming the President was not something that I foresaw, but I am ecstatic to see where this position will take me.

During my time at this school, I have discovered the importance of fostering a community, whether that be in an educational setting, or wherever you may frequent. My hope is that seeing Scepter around school will not only empower myself



and those writing it, but inspire students to engage with their surroundings more. School is not only a place to attend class, but an institution of mobility where people can fully take hold of their strengths and weaknesses. And as writers, a shared hobby or activity is not only something to spark joy, but to also encourage new bonds.

After my expected graduation in Spring 2025 I plan to continue on my path in journalism, and either minor or double major in Anthropology at a four year college. Learning more about other cultures and civilizations will provide me with a framework for more knowledgeable reporting.

Other than writing, in my free time I also enjoy hobbies such as reading literature and poetry, cooking, traveling, learning geography, and staying updated on world news and global affairs. I look forward to serving as your Editor-In-Chief this year, I plan to leave my imprint on the school that has afforded me so many great opportunities.

As the students' voice, we must keep in mind that if we do not advocate for ourselves no one else will. With that said, I welcome you all to the newest edition of Scepter!

Sincerely,
Doha Omer



JOIN SCEPTER!

Scepter is always recruiting new team members to contribute to monthly editions of the paper. If you are a Kingsborough student and are interested in writing, photography, layout design, or copy editing, talk to us in M230. You can also email your opinion or letter to the editor to scepter@kbcc.cuny.edu.

In Memory Of: Joan Marie De Freitas Gellman

Student Publications has greatly benefited from the generous contributions of Joan De Freitas. Through the establishment of the Joan De Freitas Fund, students have gained invaluable opportunities to attend conventions, where they can learn from industry professionals and expand their horizons. Additionally, this support has played a pivotal role in elevating Antheon, enabling it to achieve recognition as an award-winning publication. Joan De Freitas' commitment to fostering educational and creative excellence continues to leave a lasting impact on the students and the program as a whole.

Joan Marie De Freitas Gellman, loving daughter of Rose and Charles De Freitas and sister of Robert De Freitas, passed on Monday, November 4, 2024 in her Brooklyn home.

Joan was a loving, caring person who gave generously of herself to those she loved. She was a teacher for over 35 years and fought for social justice during turbulent times in the 60's and 70's. She was a physical education teacher in middle school in the Ocean Hill Brownsville section of Brooklyn and then moved on to teach at Lafayette HS for over 10 years.

Joan was curious about the world

and loved to travel. After the death of her husband in 1989 she continued her many journeys around the world with friends up until a year before her passing.

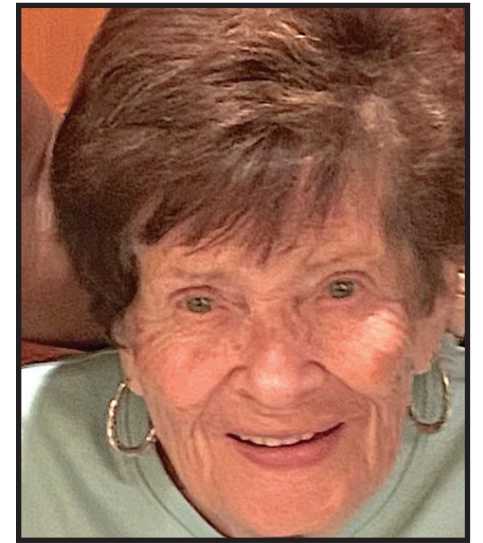
In her retirement years she kept active by taking courses at Kingsborough Community College in their "My Turn" program for seniors. There she enhanced her love for photography and learned how to develop many of the photos she took. Her legacy are these many beautiful photographs which may eventually be available for viewing at Kingsborough.

She loved sports and especially women's basketball which she coached

during her teaching years. She followed the "Liberty" team throughout their growing years and fortunately she was able to see them win their first WNBA in October 2024.

Joan valued education highly and generously donated to Kingsborough Community College over the years as well as many other charitable organizations. She set up a yearly scholarship fund at Kingsborough for a student in need.

We lost a very valuable, compassionate, generous person in Joan. The world is a better place for having had her in it! May her legacy live on.



Budget Cut's Newest Victim, Rescued

BY DOHA OMER

Think of the ideal student. Someone who gets all A's in their classes, diligently completes assignments, and makes sure to study for every test. What would you guess as the place where they spend the most time?

The library is a vital resource for any student. Whether it is a place to gather with friends, somewhere to learn something new, book a study room, or even finish up some homework. The library is a pillar of any school dedicated to the success of its students.

But with recent CUNY - wide budget cuts, a place many relied on as a quiet escape from home, or simply a place to hang out between classes was abruptly put on restricted time.

Libraries were not only closed on weekends, but closed at five pm, making them open from eight am to five pm on weekdays. As devastating as this news was, many students were not going down without a fight.

Kingsborough's own SGA Vice President of Communications and Marketing, Rivka Segall, voiced her concerns.

"I was like, oh, for student's success shouldn't the library hours be extended, at least to six o'clock? Most students, if they're taking an afternoon class, get off at one-something. Then you eat lunch until at least two something, then once



you get to the library you only have like three hours. And you kinda only start getting productive within like an hour of work, at least for me personally. And that's only if you get off class like one."

Segall urged other students to advocate for themselves and email the school about this issue, estimating the number to be around 50.

It is important not to underestimate the many people who will be hurt by this change in hours the most. As Segall states, "Majority of students here are non-traditional. If you're a mom, or first generation, you'll need a lot more support. And typically people go to the librarians for it."

Sarah Miller, a library employee also expressed distress at the new hours, making it clear that this was not something the staff were in support of.

"Not everyone can afford a laptop, or has a place that's quiet."

Not only is the library a place where many get work done, or find solace, but it serves the college through its IT department.

"Many students get on campus, and realize their class got canceled. So just before they leave, they'll go to IT, just to confirm that their class was canceled because we have that information."

Evidently, the library was a major hub for support, and unmatched in terms of resources available to students. Recognizing this, Miller recalled a conversation with the school's Chief of Public Safety, Eric Greene on the issue.

"He asked me how everything was going, and I expressed to him that a lot of students were unhappy returning to campus because after registering for classes, they were

not told that the library was not there to be used. So he said he would speak to the higher ups, VPs, and would let us know" Miller stated. "I guess they decided to look at the bigger picture, and they decided to leave the library open until at least seven o'clock, which I believe is fair."

Thankfully, the school sided with what was best for the students. Even with finances running low, isn't it the purpose of an academic institution to put the students first?

"Officially, it was because of budget cuts, but they tried to find a way after they realized how unfair it was for students and faculty." Miller said.

With budget cuts rampant, how are students going to protect the resources they see as most important? As Segall expressed, we must encourage our peers to advocate for what they believe in, and they will reap the rewards.

"I'm just glad it got fixed. I'm happy students are getting what they need."

LIBRARY HOURS

Monday-Thursday
8AM-7PM
Friday
8AM-5PM
Saturday and Sunday
CLOSED

Museum of Jewish Heritage: The Cost of Apathy

BY: REIGN NUNEZ-BAILEY

It starts with stripping away dignity. On the walls are black-and-white photos of families, individuals dressed traditionally, youth lined up during a soccer game, small children held by their mothers, and women wearing common floral patterns.

Surviving family members donate all they had left to the Museum of Jewish Heritage, from clothes to calendars, pots, and even a Havdalah—a tiny spice box to share sweet aromas. Each item tells a personal story from the Jewish diaspora. It represents their values of community, charity, and justice, beliefs held within the sacred Torah.

The Holocaust was not caused by a boogie man who suddenly came into power. Antisemitism goes as far back as the Crusades. The 2000+ years of dehumanization is what created one of the worst crimes against humanity in modern history.

Leading up to the holocaust, Jews were blamed for the loss of jobs, and a poor economy. They were also stereotyped as money hungry, backstabbers. Political caricatures of Jews became the norm and even children's books portrayed them as poisonous. They were completely ostracized from participating in society.

The Nazi party was established in the 1920s and by 1933 Anti-Jewish legislation passed. Fascism took over the government. Jews were told what to wear, and should they try to flee, their passports were marked with the letter J. Every Jewish woman was forced to take on the middle name, Sarah, and for men, Israel.

German citizens received new furnished homes, while Jewish people lost theirs and were forced into the ghettos.

On the night of November 9th, 1938, a pogrom took place, which refers to mass violence against Jews. People were murdered and buildings were burned along with Torahs and books. The remaining Torahs were found hidden in the basement of churches.

The systematic targeting of the Jewish community became a gateway for people with disabilities, LGBTQ+ people, racial minorities, and political opponents to be persecuted and killed.

The Jewish community made a desperate cry for help. The deaths and destruction reached international news, yet few reports made it to the front page. The world was apathetic towards the genocide.

As the Nazi party expanded, Jewish people sought asylum. No country accepted them except for the Dominican Republic. Its leader saw a benefit to whitening the population. When other countries finally decided to allow refugees, they only took children. Children can assimilate and don't have to work, making it so that locals didn't have to compete for resources.

Jewish adults were seen as useless eaters if they could not perform labor. Many children and elderly who couldn't flee were murdered.

One testimony tells the story of two sisters, Chaya and Rachel Porus. Chaya stitched a blouse and gave it to her younger sister, Rachel. One day, Chaya got sick and was bedridden at the hospital. While away, her younger sister Rachel, was rounded up along with other children and they were killed. Jewish people were forced to collect any belongings from the deceased. A friend of Chaya recognized the shirt, so she risked her

life and took it. The shirt was returned to Chaya, all that was left of Rachel. Chaya and Rachel's shirt can be seen in the museum today. Chaya later joined a resistance group called the Nakam, a Hebrew word for revenge.

Nazi soldiers began to have a hard time looking at their victims. The party also realized how many weapons were used on Jewish people, which resulted in the final solution.

Many didn't know what awaited them. While crammed into cargo boxes, a picture shows two Jewish men smiling and waving, while the third man looks confused.

In the concentration camps, everyone wore the same jumpsuit, ill-fitted or not. People had one metal bowl for use. They ate from it, used it to bathe, slept on it, and even used it to catch a baby during birth.

While in the encampment, a Jewish woman, Genia Blumberg was forced to work. She took materials from her site and used them to create art. Despite everything, Jewish people held onto their humanity. Genia survived and donated her art to the museum.

Those who weren't captured were hidden by German citizens who did not support the murder of Jews. A young girl named Anita Meyer was hidden by her counselor. Her diary was donated to the museum, and she marked the date June 6th, known as D-Day. Anita received news that the Allies would liberate them on that day. Her New Year's resolution was to be free, and she got her wish.

People who escaped also became secret intelligence agents for the US Army. Amongst the collection is a Nazi uniform worn by a Jewish man, Maximillian "Max" Lerner. With acquired knowledge, the Allies

invaded Germany and freed people who held the camps.

The guide took my supervisor and me outside for a moment of silence. We all had space to digest and find meaning in this experience. Skinny trees emerged from large boulders, and we reflected on their symbolism. Even through immense hardship, people find a way to emerge and grow. Life will continue.

"With their weakened bodies, they smiled, captured in a photo as eternal testimony"

It was an honor to learn about the Holocaust from the perspective of survivors and those who perished. My eyes were opened, and it suddenly became personal. There were moments when I felt worried, yet I couldn't process all my emotions.

What stood out were the parallels between what happened then and what is ongoing. If people aren't careful of the rhetoric and attitudes towards people who are different, this could happen again. I wonder how many people it would take to realize it before it's too late.

I wished I could express my feelings to my supervisor. It was her heritage I learned in depth about.

My supervisor bought me a fresh cinnamon babka from the museum's bakery. I remember the aroma of the warm spice and the sweetness of the sugar. I bittersweetly unwrapped the cinnamon babka and ate it on the way home.



When Women Ran Fifth Avenue & Our Changing Fashion Industry

BY: NADIA CHIN

This October, Kingsborough welcomed award winning journalist and author of "The Plaza," Julie Satow, to introduce students to three pioneering women in the fashion industry of yesterday. Satow's newest book release, "When Women Ran Fifth Avenue: Glamour and Power at the Dawn of American Fashion," highlights the success of business owners Hortense Odlum, Dorothy Shaver, and Geraldine Stutz, who made their way to the top tier of women's department stores.

It goes without saying that women are not properly honored for their contributions to a successfully run business. Sexism and gender inequality play a big role in preventing the advancement of women who hold executive and corporate roles. Though the determination and prowess of these three women are what launched them to the top of the golden age of department stores. "Their journeys from humble beginnings to becoming pioneers of the fashion industry, working and living at a time when there was even more sexism than there is today, was something I wanted to explore and research and learn from," stated Satow speaking to the inspiration behind this book.

The first few chapters of Satow's book give readers an introduction to their early lives. Hortense Odlum was a dedicated mother and homemaker, turned businesswoman once she set foot in New York City. Odlum grew up in Utah, living a vastly different lifestyle than the one she came to find later in her life. Married to Floyd Odlum, a former clerk at a law firm to the owner of Bonwit and Teller, is where Hortense's success begins. She was not used to the New York City lifestyle and the lavish lifestyle that came with that. Through the change in environment, family structure and



Author Julie Satow with event organizer Professor Michael Palladino

becoming an avid shopper, her sense of willingness guided her to a path of financial power. Hortense Odlum became the president of Bonwit and Teller in 1936. Throughout her success, Odlum remained humble and true to her beliefs, "I'm no businesswoman. The only career I ever wanted was in the home."

Dorothy Shaver was another young woman from the midwest who found her success after moving to NYC. Shaver moved to New York with her sister, on impulse. Dorothy Shaver believed that they needed a change after going to college and living in other cities. The start of Shaver's career began with their doll shop, Little Shavers Shop. This is where Shaver found her way to Lord and Taylor which would soon become a multi-million dollar department store under her presidency. Working multiple supervisory roles and management, Dorothy Shaver rose to the top of the line.

Geraldine Stutz came along in the 1960s, changing the direction of modern department stores. Coming from Chicago, Stutz's first foot in the fashion business started with Glamour magazine. Stutz was not educated in fashion and earned her position by having style, which outweighed the little experience she did have. She became a writer and editor for the magazine, which at the time, was creating an environment for women to feel inspired to become employed. Geraldine Stutz had become appointed president of Henri Bendel and held the position for 29 years.

The stories of Odlum, Shaver and Stutz are stories of young women that roam the streets today, whether aware or not. For women, climbing corporate ladders and earning high salaries is a phenomenon that typically happens later in life. Even in today's world of online shopping, where money travels much faster,

there is still a gap in gender roles in corporations.

Despite their tremendous success and contributions to the world of department stores, that form of shopping has changed dramatically. With the advancement of technology and the internet, there is a lack of need for stores like Bonwit Teller or Lord and Taylor. The decline in necessity for large department stores contributed to their closure.

Today, you can order clothing online, have it shipped in under five days, and never step foot into a brick and mortar ever again. Fast fashion has taken over the shopping industry. There is no longer a high demand for handmade clothes, unless you can afford them. However in the last couple of years, younger generations have spoken out against this new form of business and are looking to reclaim the art of handmade items, as well as vintage products. "Now everything is available at the touch of a button, which was never the case before. But I do think that the younger generations are starting to push back against this, against fast fashion and online retailers, and want to experience shopping in person, to touch the garment and try them on before purchasing them..." expressed author Julie Satow.

Julie Satow's willingness to share the stories of these three businesswomen has reminded readers about the importance of recognizing women in leadership and how authenticity can bring forth success. Women from different backgrounds all ended up with the same fate and changed fashion for decades to follow.

"When Women Ran Fifth Avenue: Glamour and Power at the Dawn of American Fashion," is an informative yet empowering book that sheds light on women and their potential as career models.

PHOTOS BY: SOPIKO CHALADZE



In Search of Hope: The Importance of LGBTQ+ Safe Spaces

BY: EUNICE YEUNG

In light of recent events, mutual aid and community support have become prominent topics of discussion across the country. The importance of human connection can be best exemplified by safe spaces, which may manifest differently to each individual and institution. Generally speaking, as a concept, they act as a refuge for individuals to find support and belonging. They operate no differently than a family. For LGBTQ+ individuals in particular, safe spaces are crucial to provide environments for advocacy, acceptance, and education.

Historically, queer safe spaces were gay bathhouses in Midtown Manhattan from the early 1900s; lesbian cafes in Greenwich Village from the 70s; or community centers in Lower Manhattan from the 80s. They were also covertly run clubs on college campuses, such as the Student Homophile League at Columbia University in New York (1969), the first known organization to publicly establish an LGBTQ+ society on campus. With their success, many queer support groups began to emerge on campuses all over the country. These spaces made LGBTQ+

students' voices heard, challenging school administration and pushing back against the stigma that came with discussing queer subjects.

CUNY has a diverse network of LGBTQ+ resources, organizations, student-run initiatives, and safe spaces across different campuses and schools. The Center for LGBTQ Studies (CLAGS), founded in 1991, is the first university-based research center in the US dedicated to studying various issues related to the queer experience and queer communities. Based at the CUNY Graduate Center, it sponsors public programs, conferences, and fellowships for scholars, providing resources for social change.

Aside from CLAGS, there is the LGBTQIA+ Consortium. Beginning in the borough of Queens in 2017, the CUNY LGBTQIA+ Consortium has facilitated the archiving of LGBTQIA+ history in New York and supports LGBTQIA+ training, education, and programming. Since its founding, it has expanded across 5 boroughs with 24 participating campuses, including Kingsborough Community College.

"As a council member for the CUNY LGBTQ+ Consortium, one of the things we have access to on our campus is

our LGBTQ+ Club Room in F-201, but also SafeZone. We train our faculty and students to be SafeZone-aware, and how to be cognizant of queer issues." Said Professor Enamorado. "Having access to the LGBTQ+ Consortium, our students and populations can be a part of a larger 'CUNY-verse' of access to resources and initiatives, like having pronoun options in CUNYFirst."

An annual LGBTQI+ Conference is also held to bring together queer students, faculty, and allies. Presented by the CUNY LGBTQI+ Council, it often involves guest speakers, workshops by CUNY students, and resource fairs.

Within Kingsborough, we have our own LGBTQ+ Student Alliance. We aim to build a safe, caring environment for students to meet new friends, establish supportive networks, and access sufficient resources. Over the years, the stability of the club has fluctuated and a lot of effort was needed to solidify its status within the school. As student participation increased post-lockdown, it has seen a slow resurgence, and we are always open to new members. Club meetings are held in F-201 at 3 pm every Wednesday, and the additional opening hours are posted on a

messageboard on the door. We hope to see you there!

States Professor Enamorado, "The resources we currently have don't sound like a lot, but they are becoming many. For example, SafeZone is actively working on having a full list of gender-neutral bathrooms that have indicator locks, so that users will know which ones are safe for them. There are still many opportunities to expand on gender and queer inclusivity, and we are just getting started."

Socialization is a part of human nature, something we need to survive. Though the phrase "human nature" is subject to interpretation, the need for recognition is universal. There is so much joy to be found in a community, a found family even. It allows us to start an intangible archive of lived experiences as we learn from the perspectives of others, and there is an abundance of meaning to gather once we accept it.

Seeing a community function and thrive as a living organism can act as a reminder of what it means to be human. A reminder that we are never alone, because there are always people who want to be kind. They have stories to tell and hope for you to find.

Hungry? On & Off Campus Lunch Options

BY: DAY SHIRK

Kingsborough students come from diverse backgrounds but we all get hungry. From surveys I conducted around the campus, I found that the majority of students do not feel like the cafeteria alone can meet their needs' whether it be for budgetary reasons, special dietary restrictions or even portion size relative to price. Many students attend classes in the evening, and have to rely exclusively on the vending machines and local eateries.

On campus, students are encouraged to check out the Access Resource Center at E116 where nonacademic support is available. In addition to their many programs, which connect KCC parents to

childcare, and more, ARC helps students get groceries.

The program's director, Hattie Elmore serves our community by bridging the gap between students and the resources that they are entitled to like supermarket gift cards, the food pantry, grab and go food, and food distribution events. Elmore shared with Scepter, "If students are in need of food resources, we guide them through the government systems. If they want to apply for SNAP benefits, we also do distributions often so students should check their KCC email and look out for those particular events. We also do workshops like Budgeting 101, you can check out the workshops on the KCC calendar."

From surveying the student body, it became apparent that in addition to good food at good prices, many students are concerned with the cost of food relative to the portion size and quality. Students with special dietary restrictions found the limited options near the campus to be daunting.

In addition, students raised concerns about finding time to eat while also being punctual for class. Many students confess that they often skip meals in order to maintain their attendance record.

In order to address time restraint concerns, all locations listed are either directly accessible from campus or within an approximate five minute walk from the two main subway stations that service student

commuters. We have included locations that allow call-in and online orders, and also those who deliver to campus.

Learning the lay of the land in a new place can be difficult enough on its own, so hopefully these resources, in addition to the Kingsborough cafeteria, can help you stay fueled this semester.

Do you have any suggestions?

Let us know.

Scepter@kbcc.cuny.edu



RESOURCES

Career Coach
A free online tool for Kingsborough students and alumni. This site will help you find out about careers and the education required to get there. Not sure of where to start and want to find out how your interests relate to the world of work? You can take an online assessment that comprises of 6, 30 or 60 questions. Once you find potential careers that relate to your interests, you can look for target jobs in your area. Career Coach will give you the relevant data on wages, employment and training. It also provides a resume builder to help you get started with your resume. To learn more, please visit: <http://kingsborough.emsicc.com/>

biginterview
Do you normally get nervous about interviews? Well, Big Interview is a virtual interview training software that will help to ease those fears by preparing you for all of those tough questions. This proven system offers hands on practice with mock interviews tailored to your specific industry, job and experience level. Big Interview provides customized training to meet your individual needs with anticipated interview questions. It can prepare you for that elevator pitch, so that you are confident and ready for your next interview. <https://kbcc-cuny.biginterview.com/> (School email must be used to register)

Career Wave Handshake
Handshake is a user-friendly job search platform that gives students access to a wide network of employers for job and internship opportunities. Connect with employers and build relationships virtually and in person.

- Discover and land jobs and internships.
- Receive messages from employers that want to hire you.
- Connect with employers and learn more about their company.
- Get career-building resources from the career center.

Access Handshake with your KCC credentials here: <https://kingsboroughcc.okta.com>

PLACES TO EAT NEAR KCC

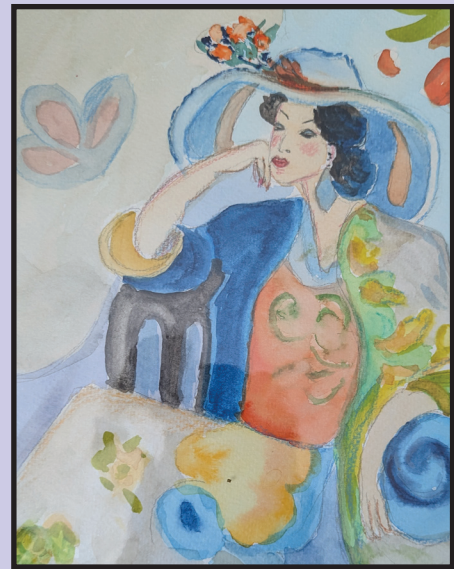
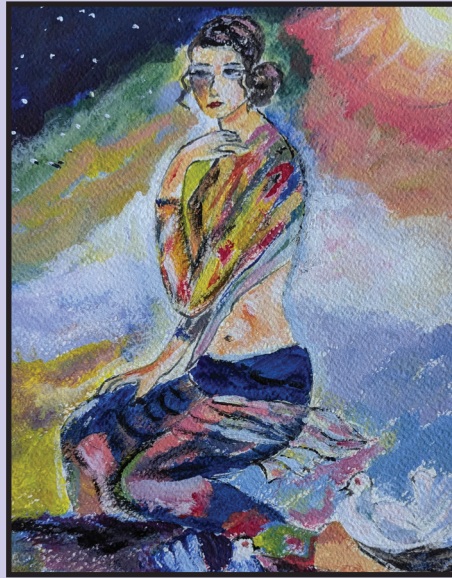
🚗 = Free Delivery | 📱 = Online Ordering Available | H = Halal | K = Kosher

AZTECA DELI • 🚗 \$	Brighton Beach	MAMA LEONE'S • 🚗 \$	Next to Campus
3094 Coney Island Ave		1623 Oriental Blvd	
BAGEL BOY • 🚗 📱 K VGT VG \$	Sheepshead Bay	MASAKARI • 📱 VGT \$\$	Sheepshead Bay
1602 Avenue Z		1631 Sheepshead Bay Rd	
BAGEL ROAD • 🚗 📱 VGT \$	Sheepshead Bay	MASUTA • 🚗 📱 VGT VG \$\$	Sheepshead Bay
1424 Sheepshead Bay Rd		1712 Sheepshead Bay Rd	
BAY SHISH KEBAB • 📱 VGT \$\$	Brighton Beach	PALACE FRIED CHICKEN • \$\$	Brighton Beach
601 Brighton Beach		523 Brighton Beach	
BEYTI • 📱 VGT H \$\$	Brighton Beach	SHEIKH'S HALAL • VGT H \$	Next to Campus
414 Brighton Beach		2001 Oriental Blvd	
THE BLAZE • 🚗 📱 H VGT \$\$\$	Sheepshead Bay	SHINJUKU • 🚗 📱 VGT \$\$	Sheepshead Bay
414 Brighton Beach		1664 Sheepshead Bay Rd	
BRIGHTON 5TH DELI & JUICE • VGT VG \$\$	Brighton Beach	TETE A TETE • 📱 VGT \$\$\$	Sheepshead Bay
502 Brighton Beach		2601 E 14th St	
FUEL • 🚗 📱 VGT VG \$\$	Sheepshead Bay	TERRA • 📱 VGT VG \$\$\$	Sheepshead Bay
1715 Sheepshead Bay Rd		1716 Sheepshead Bay Rd	
GASTRONOM ARKADIA • 📱 \$\$	Brighton Beach	TOP CHINA • VGT \$	Sheepshead Bay
1079 Brighton Beach		1654 Sheepshead Bay Rd	
JALAPEÑO SHACK • 📱 VGT \$	Brighton Beach	TOP SOFT TACO • VGT \$	Sheepshead Bay
3167 Sheepshead Bay Rd		1654 Sheepshead Bay Rd	
LA CASA MIA • 🚗 📱 \$	Sheepshead Bay	TONÉ CAFE • 🚗 📱 VGT \$\$	Sheepshead Bay
1420 Sheepshead Bay Rd		265 Neptune Ave	
LUIGI'S PIZZA • 🚗 📱 \$	Brighton Beach	TURKISH KEBAB • H 📱 \$\$	Brighton Beach
1049 Brighton Beach		414 Brighton Beach	

ARTIST SPOTLIGHT

Meet some of Kingsborough's student artists!

Galina Bineman



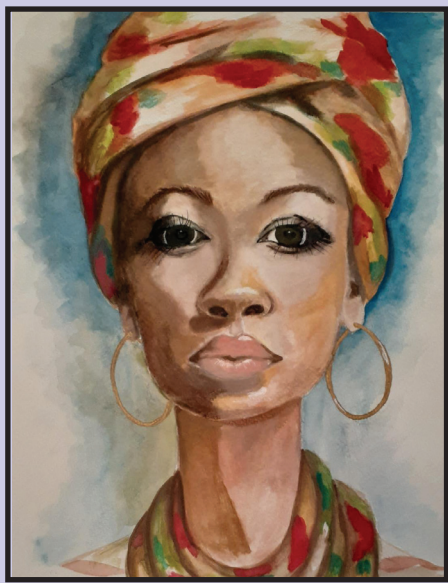
Roselle Blandini



Learning to paint has always been on my bucket list. In 2022, I joined the My Turn program and began acrylic painting with Professor Andy Cross. He gave me the encouragement that I needed to grow from an insecure painter into a beginning artist who is growing and exploring what has turned into a passion for me. Professor Cross and Professor DiScarfino have inspired me to find my own style in looking at and analyzing different artists. I used to think that Van Gogh's art was crazy, out there, not to my liking. Once I started painting, I was able to observe his work in a new light, and my brain exploded from his use of color.

I call this painting "Thank you, Vincent." When I was in my forties, my father attended the My Turn program and I said to myself "Wow, someday I would love to do that." He did some painting and some sculpting, and he enjoyed it tremendously. Flash forward and now I'm able to enjoy these art classes too. I am still growing as an artist, and I appreciate the My Turn program every day for enabling me to work with these wonderful professors. They give excellent feedback without being discouraging, and I am constantly learning something new.

Larissa Vaness



Kingsborough Students' Night Out on Broadway SUFFS The Musical

BY: REIGN NUNEZ-BAILEY

Recently, KBCC students had the opportunity to see Suff's at the Music Box Theatre. With the original price being \$69, getting tickets for \$10 was a steal! It was the perfect opportunity to see a Broadway performance, especially if it was your first exposure to New York theater.

Set in 1913, the conflict of generational divide emerged as a theme. Carrie Chapman Catt (Jenn Colella), leader of the National American Woman Suffrage Association (NAWSA), opens with her song, "Let Mother Vote."

"Let mother vote; we'll keep our country clean; we'll tidy up our politics until they are pristine!..."

Her voice filled the theater. "We'll vote like father, vote like son!..."

Even while advocating for their rights, women of this era maintained the status quo.

Shortly into the play, we meet the young and eager Alice Paul (Shaina Tubb). Alice shares her plan to march in Washington, DC—the first suffrage parade in history. Taken aback, Carrie dismisses Alice's radical position. The exchange prompts Alice's song, "Finish the Fight." She sings, "No, our generation won't play polite!"

Due to opposing strategies, Alice separated from NAWSA and created her own movement called the National Woman's Party (NWP). The NWP protested against President Woodrow Wilson, whereas NAWSA supported his presidency. NAWSA was ashamed of the NWP and believed their strategies would cost women the right to vote.

The play is highly educational. While being entertained, I learned about people I'd never heard of before. Why was I learning about them through a musical? These activists fought to advance human rights for decades but it took women 60 years after the first suffrage movement was established to

finally march for their rights.

Alice also tried recruiting prominent Black activist and suffragist, Ida B. Wells (Nikki M. Jones) to march with her. Ida refused because she was told to march behind the white women. Black suffragists were still fighting to be seen as women and to have their voices heard. Ida fought on multiple fronts and battled against the lynchings in her community, while facing racism from White suffragists. Ultimately, Ida was able to march in the frontlines alongside White suffragists. The Suffragists were physically attacked by men, who labeled them as "amazons" and called them "bitch."

The march in Washington, DC made national headlines, and people were disgusted with the way men treated women. Some men also questioned the treatment of women in America and how it affected their lives. Women were reluctant to marry men because they would lose their rights to contraception, owning bank accounts, and more. It also wasn't illegal for men to beat married women.

The play captured how much the suffragist movement affected America's conscience. Those in attendance saw how women sacrificed their bodies and relationships. Suffragists were even incarcerated and subjected to harsh conditions. While incarcerated, they were threatened with the diagnosis of hysteria, an outdated and sexist terminology, that caused women to be placed into psych wards against their will. In some cases, the fight took their lives. Inez Millholland, the face of the NWP movement, campaigned from state-to-state, urging people to vote. Inez's body gave out, and she collapsed on stage. Her last words, addressing Woodrow Willson, "Mr. President, how long must women wait for liberty?" Nini, a KBCC peer in the audience, cried after realizing the events were real. Her reaction must have mirrored the people who witnessed the suffragist movement firsthand. Many tactics



were used to diminish the movement. Newspaper articles often used the term "suffragettes" to make women seem small and less threatening. But these tactics did not work, as support for the movement only grew.

After years of fighting and loss, President Woodrow Wilson conceded and passed legislation allowing women the right to vote. However, he strategically left it up to the states for ratification. This saw congressmen in many states vote against women's right to vote. With the votes ultimately being neck and neck, it came down to conservative Tennessee who would be the final decider. On that day, ratification was left up to politician Harry T. Burn. Before voting, he read a letter from his mother asking him to be good. On August 18, 1920, state ratification passed, and women finally gained the right to vote.

Even though women had earned the right to vote, Alice Paul didn't stop. She proposed the Equal Rights Amendment (ERA), which protects anyone from sex-based discrimination. Alice Paul dedicated her entire life to progress.

It's true: Our work is never done. The torch is simply passed down from generation to generation. I also reflected on the lines of Alice Paul, "How could I bring a child into this world?" People are still fighting for change, and it all feels overwhelming. Maybe even impossible.

Despite this, two lines stood out to me.

The first, "Should you have to die to be free?"

The second gave me hope. Should you decide to pick up the torch, "Your ancestors are all of the proof that you need."



The World of Chromakopia Tyler, the Creator's 8th Studio Album

BY: NADIA CHIN

Breaking his two-year album streak, hip hop/rap artist, Tyler, the Creator, has released his 8th studio album, Chromakopia. Composed of 14 tracks, with a run time of just 53 minutes, Tyler introduces fans to the most vulnerable version of himself yet. From addressing the evolution of the music industry, to learning the truth about his absent father, and coming forward about a pregnancy scare, listeners follow along on the path of his revelations about adulthood.

Contrary to today's album release standards, Chromakopia was released on a Monday morning, rather than midnight on Friday. Tyler once said in an interview with a seasoned interviewer, Narduwar, that music should return to early weekly releases. This idea revolves around the expectation that a listener has more time to fully engage with new music, whether that be on the way to work or during their free time. Despite criticism from fans and members of the music industry, Chromakopia gained a number one spot on Billboard's Top 200 list; with nearly 300,000 sales and 212.5 million streams across music apps.

The album begins with "St. Chroma," the initial single released a few days before the album, along with a visual. It is important to discuss the visuals for this first track. Here's a breakdown of the first glimpse into Chromakopia: Tyler, the Creator is leading a line of soldiers, dressed seemingly as a dictator, taking the men behind him to a location in the middle of a desert. The sounds of their stomping are high in volume, Tyler's

rapping voice is set to a whisper. After the line follows for a moment, they are lead into a shipping container, titled with the album's namesake. This prompts the beat change, a very loud, energetic sound that goes in and out from the initial harmonic progression. Where exactly is he leading the audience? The album follows with "Rah Tah Tah," another loud, fun track. Tyler raps to his confidence and his riches, his preferences and his place as one of the best artists from California.

Next, we are introduced to "Noid." This is where the reality of the rapper's life comes into focus. He discusses his fears as a celebrity dealing with the uncertainty of fan interactions and never feeling safe in his home, regardless of his security measures. In the music video, there are depictions of fans chasing after him. Even a moment where Tyler looks to be hallucinating a robbery while standing in the mirror, yet no such incident has occurred.

Track three is "Darling, I," a very bright, beautiful song, dedicated to the idea of falling in love and never being

ready to commit. Many of the lyrics portray the back and forth thinking of Tyler's anxiety with settling down and being afraid of forever.

"Darling, I," "Hey, Jane," "I Killed You," and "Judge Judy," all discuss Tyler's sentiments regarding his personal relationships, both romantic and personal. We learn about a pregnancy scare in "Hey Jane," where



Tyler raps from the perspective of himself and the woman going through this process with him. This is one of the most relatable songs Tyler has made. All of the questions young couples have when dealing with pregnancy, or women who are close to being unable to be pregnant, are asked and answered.

"I Killed You" discusses the experience and stigmas of Black women and men, dealing with their natural hair. It is an insightful sound that breaks down the struggles of being accepted and altering your natural appearance for the sake of success in a world that sees it as otherwise, unprofessional or unattractive.

One of the most profound and

relevant songs of Tyler, the Creator's discography, is "Like Him." This is a song revisiting his trauma growing up without his father. Unlike "Answer," from his 2013 album, Wolf, another track dedicated to this issue, this sequel is more honest in approach. Tyler is no longer expressing as an angry, young adult, but now as someone more mature with age. The main component of this track is coming to terms with having a similar appearance to his father, who is still unknown to this day. He relates his desire to know him as chasing a ghost, something supernatural and hard to find. The song itself has a haunting and sad feeling wrapped into it. Towards the end of the song, we hear Tyler's mother, whose voice is heard throughout the album, telling him that his father had always wanted to be around. That their relationship failed to exist because of her actions as his mother. This revelation is saddening and unexpected for listeners who also committed to believing the rapper's father was not around. This is a song that resonates with many listeners and one for the books.

The album soon ends with "I Hope You Find Your Way Home," a gospel inspired song, summarizing the story of Chromakopia with brief mentions of other tracks through harmonies and distinctive synths in the background. Chromakopia is an album made of honesty and self growth mixed with flaunting and fun. As an album written, produced and performed primarily by Tyler, the Creator, his dedication is not missed and is reflected in the sales and streams of this project.

It Ends With Us - A Comparison

BY: JANAYIA MAYSONET

Colleen Hoover's book and the movie adaptation of "It Ends With Us" share the same core story, yet each medium provides a distinct experience. The plot and characters remain consistent, but the genre nuances shape how we engage with the narrative.

The main character, Lily Bloom, navigates her tumultuous love for Ryle Kincaid, recognizing the toxic aspects of their relationship. At a crucial moment in her life, her first love, Atlas Corrigan, resurfaces, adding complexity to her journey. Both the book and the film delve into themes of love, abuse, forgiveness, and generational struggles, showcasing Lily's resilience and personal growth as she makes tough choices to safeguard her future.

Despite these parallels, the storytelling diverges significantly. The book invites readers into Lily's inner world through her diary entries,

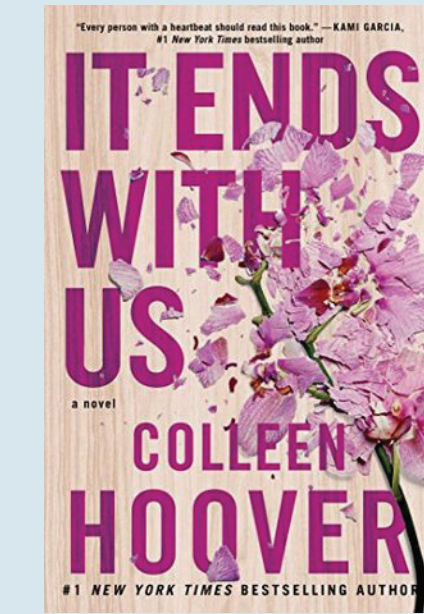


illuminating her thoughts, emotions, and childhood traumas, including her fraught relationship with her father. This depth offers a richer understanding of her challenges. On the other hand, films often condense

narratives due to time limitations, using dialogue and visual storytelling to create a cohesive experience. While the film is easy to follow, it may lack the subtleties and introspection that the book provides.

Moreover, the relationship between the audience and the narrative evolves differently in each format. The book encourages readers to envision the characters and setting, creating a more personal and relatable experience—each interpretation of Lily's journey is unique, forging emotional connections. In contrast, the film brings the story to life through performances, music, and cinematography, allowing the audience to feel directly involved, albeit from the director's lens, rather than their own perspective.

"It Ends With Us" offers a profound narrative of love and support. The book provides more depth while the movie delivers valuable insights into Lily's path. Ultimately, whether one



prefers the book or the movie hinges on one's connection to the story, emotions, visuals, and performances. Both versions enrich the narrative, allowing it to resonate meaningfully in different ways.

KCC's Women's Volleyball Finale

The Lady Wave Volleyball Team Triumphs The Season And Makes It To Championship Game.

BY: DAVID ZUBIN

When the KCC Lady Wave volleyball team came back to life it was with mostly new members, but two senior players returned to their old positions.

The season started out with a bang, as the team won their first few games. But the streak wasn't kept, as the team began facing setbacks. They fell into a slump as some of the new players started to get injuries. Those injuries affected the team performance. However, it did not lower morale, as we saw during their comeback on Senior Day. A fire was lit as the team honored graduating Sophomores Jasmine Morris and Kyrah Allison, who were both in the game.

ASTOUNDINGLY, they won both of their games. The last game of the volleyball season was a few days later and The Lady Waves, even with all their injuries, were able to make it to the championship

game. Sadly, they faced a triumphant defeat by the Queensborough Tigers, and received the runner-up trophy.

The Lady Waves did an amazing job. The team had a lot to say after the championship game. They are very supportive of each other and looking forward to seeing how the team will be like next year.

Here is what some of the players had to say about Kyrah Allison and Jasmine Morris.

"How does it feel that Kyrah and Jasmine are leaving the team as they are now sophomores?"

Solandara Arzaga: "I'm not going to lie, they are very good players; but two players don't make the team, and I will miss both of them."

Rayan Jahmi, #12: "They are both goofy and confident women. It is very sad they are both leaving as they are amazing people and I will miss them a lot."

Jasmine: "I do hope to visit Kyrah. She has been an amazing person in my life outside of sports and I care for her so much."

When speaking with Keryn Gomez, #8, it was evident that she has love and respect for Kyrah and Jasmine. She got a bit emotional and mentioned that she is sad to see them leave.

Fortunately, we also received this insight from Kyrah's sister, Mackenzie Allison: "It is very great to see Kyrah following in the footsteps of me and our parents. I'm very proud of her and love her charisma."

Scepter would like to thank Jasmine Morris, Kyrah Allison, Rayan Jahmi, Solandra Arizaga, Jasmine Morris, and Kerlyn Gomez, for taking the time for an interview. It was inspiring seeing your team spirit and the support that you give each other.

It's clear that Kyrah and Jasmine will be very missed. It was a pleasure

watching them play for the Kingsborough Lady Wave these past two seasons.

They are two of Kingsborough's own rock stars and will succeed at whatever they put their minds to. Keep being you! We'll miss hearing you yell "Zubin!" after the volleyball games, and remember: "No brakes and all gas!"

"I am proud of how far they both came in a short time. Their hard work and dedication was rewarded with their success."

Bobby Allison, Athletics Director and Father of Kyrah Allison

PHOTOS BY: JUSTIN JAMES



Batting For Cancer: Softball for a Cause

BY: EUNICE YEUNG

During the late afternoon hours of October 22, we were greeted by the backlit scenes of a lively softball game on the campus field. Having just wrapped up a regularly-scheduled meeting with Scepter, we learned about a softball game that was just starting. In a few minutes, Nick, our Club Secretary, and I found ourselves directed toward the bleachers with a few questions in mind and a phone, for recording, in hand.

Originally named Play For Pink, this annual KCC softball game began as a collaborative event organized by members of our community. Aply named by Multimedia Production Specialist Tonya Collins, it was meant to raise awareness for breast cancer and encourage mutual support through the shared joy of a fun afternoon event. A second evolution of the game appeared a year later, changing its name to Play for Pink and Blue. Not only was it held to raise awareness for breast cancer, but it now also included testicular cancer awareness. It saw over \$600 in donations.

This time, for year three, the game adopted a new name that advocated for the same valuable causes under a more inclusive brand. Instead of being limited to two specific types of

cancer, pink for breast cancer and blue for testicular cancer, the new title of Batting Against Cancer was adopted by Nadine T. Browne, KCC's Executive Chief of Staff and Deputy to the President. We spoke with Browne about the significance of the name, and its mission, as we waited for her turn on the field.

"I came up with Batting Against Cancer! Once we focused on "We Play for Pink and Blue, and Play for Pink," but now we're batting against all cancers," said Browne. For her, the renaming of this event was inspired by the people in her life who have fought against cancer themselves. The softball game is a vessel that facilitates connections, a reflection of how a support network is crucial for those fighting cancer. It is not a battle fought alone.

Watching everyone roam the sidelines after an inning, we asked about the merch designs that had previously caught our attention.

"This design was a collaboration with the Office of President and (office of) Communications as far as the graphics. The slogan 'Batting for Cancer' was what I came up with," said Browne as she spun around the bracelet on her wrist.

"As you can see, here are the

different ribbon colors, which are all the ribbons including breast cancer, and then (the slogan) 'They All Matter'." All the proceeds of the merch sales and general donations go towards charity organizations for cancer research, as well as the KCC Foundation to support student-athletes and scholarships.

In addition to the main goal of advocating for cancer awareness, this event aims to encourage more active participation in community events, allowing students, faculty, and staff to enjoy a moment together.

As Browne puts it best, "I want to highlight that it's (community events like this) right here, it's happening now, and people should get involved. Even if you're not going to donate, giving your time is showing that sense of community."

Aside from hearing from the perspectives of those organizing the event, we also got an inside look from the team members. We had a short conversation with a player who had just returned from batting.

Walking to a quieter corner away from the action, we learnt that she was a college softball player for 4 years. For her, getting to play softball again after graduating was a fun thing that she loved to do with her friends. Being

a charity game, she shared that it meant extra for her to participate since she does know people within her circle who have suffered from cancer. It's a great experience for her to take part in something meaningful for a good cause, especially when it encourages people to get together for a bigger purpose.

When asked if she wanted to share any personal anecdotes about the sport, she said that softball had taught her many lessons in life, including respect, perseverance, and discipline. A lot of the values one can learn from sports can apply to life in general, and it allows people to establish a deeper connection to the cause that the game supports.

From the wide smiles and excited cheers, it was clear that everybody had a fun time participating, likely a way for them to wind down after school or work. A sports game is a reflection of real life condensed into a smaller and more specific scale.

Sometimes all it takes is a home run being hit or a goal being scored for people to start conversations with someone new. It doesn't matter if you don't understand it, you just have to be there and share the moment with others to reap the benefits.

PHOTOS BY: CHAVINDU SAMARAWERA

