



Scepter

The Students' Voice

Kingsborough Community College

December 2020

The City University of New York

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United States' Second Pandemic

Racial Discrimination and Police Brutality

By Victoria Flores-Almazan

We are not only under one pandemic; we are actually under two. The year 2020 not only brought a virus but also paved the way to test American civilians regarding their union as a nation. It is not a hidden truth that the roots of the United States are built upon racist soil. The United States people have undergone a fight that has left them severely hurt and broken. To that end, many community organizations, especially in the educational field, have found ways to heal America. United we stand but divided we fall is a powerful motto that has re-energized the founding principles of the nation in time of division.

This motto is what organizations like Phi Theta Kappa and the support of Kingsborough staff have strived to achieve here at KCC. They reflect this specific motto through their virtual events for students, faculty, and NY civilians. A recent event was moderated by two student leaders, President of Phi Theta Kappa, Malik Atadzhanov, and Vice-President of Leadership for Phi Theta Kappa, Victoria Flores-Almazan. They took the opportunity to engage in a conversation with Congressman Hakeem Jeffries to address the importance of political participation and voting to unite the community but most of all the nation. The conversation initiated by Congressman Jeffries explained his inspiration to become involved in politics, citing regarded police brutality as one of the main reasons. He stated, "LA was in flames, and I was trying to figure out what was happening out in Los Angeles." Just like many of us



Congressman Hakeem Jeffries

with the murder of George Floyd, Congressman Hakeem Jeffries during that time also felt that he had had enough. He wanted to pursue a career where he was capable of "[making] a life better and improv[ing]ved justice." Later into the conversation, he evokes the idea of a "warrior mentality" vs a "guardian mentality" and how this could lead to better recovery

for America from police brutality and racial discrimination.

He ends the conversation with a lasting note, "Use your voice for protest but also with voting." If America wants to heal from these two pandemics, we must learn to find the right balance. I urge you to continue being actively involved in political participation not only before but also after elections.

We want a united nation, whose shares our values, our beliefs but most of all, our dreams. America has undergone through a lot of obstacles and hardship, but I will end this piece with a final stand, "A setback is nothing more than a setup for a comeback." I ask you, "what would be America's comeback, and what are you going to do about it?"



Scepter

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Letter From The Director

Normally, this space is reserved for our Editor-in-Chief to give some remarks about the current issue of Scepter. Unfortunately, our Editor-in-Chief withdrew from classes due to circumstances beyond their control and we wish them well. It has been said time and time again that this pandemic has challenged each of us in unimaginable ways. I confess I did not know how managing the Scepter team would work virtually. However, I am pleased to express the pride I have in each student who contributed to this issue. These students went out of their comfort zones and covered stories they may not have covered, got personal and shared their own experiences that will likely resonate with many of you, and

did their due diligence researching and getting sources to back their stories. They showed up weekly for meetings, were open and patient with the process, and are dedicated to contributing and improving. I am grateful to our Office of Student Publications staff, Robert Wong and Kenly Dillard, who have worked closely with students along the way to produce this issue. I also extend deep thanks to my colleagues in the Journalism Program, particularly Professors Frank Percaccio and Mary Lynn Navarro for making strong bridges between the classroom and Scepter.

We always say that Scepter is an opportunity to practice your craft, build your body of work and experience what it is like to be part of a team. If you would like to join the team, please email scepter@kbcc.cuny.edu.

2020 TAX VIRTUAL SERVICES FOR KCC COMMUNITY!

arc.kcc@kbcc.cuny.edu | 718-368-5411/6713 |  @kbccaccessresourcecenter

January 11th & January 19th | 11:30am/1:00pm

Did you make \$68K or less? If so you are more than welcome to participate in this FREE service.

ARC is starting their 2020 Tax season waiting list. Taxes will begin on January 25, 2021. Once the Tax Season starts you will be contacted to receive a secure dropbox link. An IRS Certified Tax Preparer will contact you to complete your taxes remotely.



**KINGSBOROUGH
COMMUNITY COLLEGE**

★ DREAMS BEGIN HERE ★

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NY**

JOIN ODYSSEY

Odyssey, Kingsborough's yearbook, is looking for graphic designers and photographers. If you are a Kingsborough student and are interested in photography and/or graphic design, please talk to us in M230.

BLM and Its Impact on America

It's More Than Black and White

By Andre Rickman



Union Square, Manhattan, New York, BLM Protester

When it comes to the basis of the movement, this movement was conceived to say, 'black lives matter just as much as other lives'. "No justice, no peace" is uttered by millions of people during the prolific time of the murders of George Floyd and Breonna Taylor. The founders of the movement are Alicia Garza, Patrice Cullors, and Opal Tometi. "Black Lives Matter" was first mentioned in July 2013 as a reaction to the acquittal of George Zimmerman in the murder of Trayvon Martin. The creators of the hashtag and call to action expanded their project into a national network of over 30 local chapters between 2014 and 2016.

Some movements that are affiliated with BLM include the Movement for Black Lives which was created in response to the increasing visible police violence against black communities in the U.S and globally. Around 2015, Johnetta Elzie, DeRay Mckesson, Brittany Packnett, and Samuel Sinyangwe established Campaign Zero with a purpose of promoting policy reforms to end police brutality. The campaign released a ten-point plan for policing reforms with recommendations including ending broken windows policing, increasing community oversight of police departments, and creating

stricter guidelines in regards to the use of force. BLM became more widely known after the deaths of George Floyd, Breonna Taylor and Ahmaud Arbury among many others. The of the been very astronomical and goes beyond America. For example, in Bristol, England protesters toppled a statue of a slave trader and plunged it into the harbor. Another example includes Abuja, Nigeria, where protesters surrounded the U.S. Embassy, demanding justice for Floyd. As more people pay attention to the injustices in America the more human beings come together. The movements have been increasing in support.

The push to ban police from using chokeholds and strangleholds as well as banning no-knock warrants are having more support from a very unexpected side of the political spectrum, with 52% of Republicans support banning chokeholds and 34% support banning no-knock warrants, according to a KFF tracking poll. Black Democratic consultant Terrance Woodbury stated "for the first time, this is explicitly and exclusively about Black pain. It is just not explicitly and exclusively Black people expressing it."

Prevalent examples of solidarity come from the other minority groups including Asian

Americans. As journalist Cady Lag observed, "Asian Americans owe so much of their presence in this country to the Black struggle for freedom from birthright citizenship to the ability to tell our stories in education and the culture to the civil rights we enjoy." Other marginalized groups that demonstrated solidarity with the BLM movement include the LGBTQ+ community. Marissa Fernandez, a report for Axios, explained that 77% of trans and 75% of Black LGBTQ youth surveyed little-to-no trust in the police.

Black LGBTQ Lives Matter



JOIN SCEPTER, BE PART OF OUR TEAM!

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

CAMPUS NEWS

Let's Talk About Health!

The Men's Resource Center and the Movember Movement

By Madison Shann

They say what you don't know can't hurt you, but it is evident that when paired with society's antiquated ideas of masculinity, lack of awareness—especially about health—is a lethal weapon. Dr. Michael Rodriguez, Director of the Kingsborough Men's Resource Center strives to enlighten men on the importance of their health as he continues to organize seminars for the Movember movement.

The aim of the Men's Resource Center is to promote the importance of men's health. The Center aspires to expand recognition of the Movember movement all year long, not only during the month of November. In case you do not know, the Movember movement is a monthlong initiative to encourage men to take care of themselves. It began in Australia in 2003 to raise awareness of cancers affecting men. (abcnews.go.com). The Movember Foundation, a nonprofit that has raised millions of dollars for cancer research, is symbolized by the growing of a moustache for the month of November. The movement has been successful; however, even though it surely has improved, the journey to men's health is far from finished.

Health can be defined as the state of physical, mental and social well-being in which disease and infirmity are absent. But the definition of health has evolved-- overall health is much more than absence of illness. What threatens the lives of many males is the lack of knowledge and comprehension of health issues, men not being openly honest about their feelings, along with the failure to seek medical attention when needed. At the Men's Resource Center, men are ensured that it's okay to talk about how they are feeling.

In the research community, men's health issues seem to be a low priority, whereas women regularly receive many initiatives for their health. How do we expect men to care about their own health if we as a society don't think it's important as well? According to the Canadian Mental Health Association, old beliefs

about masculinity encourage men's general non-interest in health issues. For example, many men believe they are not susceptible to disorders such as depression, bipolar disorder, eating and anxiety --so why bother learning about them?

Dr. Rodriguez, however, believes that the issue is not one of lack of importance but that men just do not prioritize their health. Health issues men face are "pushed aside" for other priorities: "For anyone who does not think men's health is as important as women's health, I would encourage them to think about their fathers, brothers, uncles and all the other men that are part of their lives and ask, 'Do you still think men's health is less important than women's health?'" Dr. Rodriguez urges men to understand the repercussions of not taking care of their health. "Unfortunately, there is still an air of machismo that exist among men and machismo rests on the ideology that it is important to be strong and not show any signs of weakness, such as admitting to feeling sick," Rodriguez stated.

Men who are not openly honest about their feelings risk their own well-being. With toxic masculinity, stereotypes that men are supposed to be tough and strong and that weakness is not considered masculine, still permeate our society. Society has inculcated this norm that men are supposed to bear pain and not ask for help. Therefore, it may seem unmanly and fragile for a man to admit to feelings of despair, pain or hurt. Many who are still inclined to bottle up their emotions and prefer not to tell anybody about how or what they feel, are against showing vulnerability and would rather suffer in silence. Even young boys and adolescents, who experience physical and especially emotional pain, might refuse to tell their family if they fear being seen as too emotional or weak. And notions of physical strength may also be toxic. Although being physically strong may boost your fitness, it is not a panacea for mental and emotional well-being. "For a long time," Rodriguez said, "I held onto the old ideology that men are supposed to be the 'strong silent' type and talking about how I was feeling physically was not something I would do. But as I grew older and wiser, I began to understand that vocalizing how I felt was healthy. Today I express how I am feeling when in pain and actively reach out to medical professionals for help and guidance".

This culture of toxic masculinity and machismo contributes to men not being openly honest about their feeling, leading to poor health. Dr. Rodriguez, however, counters this attitude with evidence: "Nothing can grab the attention of a man like having him face the facts." Dr. Rodriguez went on to say that according to the National Center for Health Statistics, 33% of men over 20 suffer from hypertension, 36% are obese, and the leading cause of death for men is heart disease and cancer." The average life expectancy for men in the United States is almost 5 years less than women. "The bottom line is if we don't take care about our health

we risk dying early. Let's start taking care of ourselves so we can live long, healthful lives."

In the month of November, the Movember Foundation aims to encourage men to learn and talk about their health and take action when needed by encouraging them to initiate conversations and raise funds for treatment of cancerous diseases. And of course , during the month of November, grow a moustache to spread the word!

Dr. Rodriguez does not only provide men with the facts. He takes action along with his dynamic team. Under his direction, this year the Men's Resource Center hosted four successful events. On November 12th, Gerald Maître, LMSW who is the Director of Kingsborough's CUNY Edge department hosted What's Your Pulse,? an open dialogue with students and staff to discuss how they are feeling. On November 16, Kareem Butler, LCSW facilitated "It's Okay Not to Be Okay.". As a psychotherapist, Butler provided participants with 4 key steps to developing a self-care and self-maintenance plan. On November 18, Kingsborough's Athletic Director, Dr. Damani Thomas, led a dynamic physical fitness workshop taking participants through a low impact, calisthenics workout.

The Movember Planning committee also includes Dr. Maria Patestas, Director of Student Life; Helen Nasser, Director of SU&IC/Student Publications/Holocaust Center; Gerald Maître, Director CUNY Edge; Dr. Wayne Harewood, Executive Director Enrollment Management; Professor Michael Smith, EMT, and Carlene Barnaby, Professor, History-Philosophy and Political Science.

Although KCC has taken the lead in educating men on the importance of their health, let's not forget that early education on health begins in the home and in schools. Rodriguez believes that schools should do their best to educate youth on men's health.

"Doing so can breakdown archaic ideas that men don't need to see their doctors as much as women do. They will learn, from an early age, taking care of themselves mentally, physically and emotionally is important and self-care/health-care will be normalized," Dr Rodriguez stated. It is vital that men teach their sons about the importance of taking care of their health. "I firmly believe," Dr. Rodriguez said, "one of the greatest things a man can do is demonstrate how important it is by allowing their sons to watch them taking care of themselves."

The best way to spread awareness of the movement would be to simply spread the word. Using the moustache as a catalyst, puts a fun twist on such a serious issue.

Hey you! Yes, you! Have you grown your moustache this month for the KCC annual moustache growing contest? If not, there's always next year.

Dr. Rodriguez emphasized, "Our message is fairly simple: it's okay for men to talk about how they are feeling, whether its physical, mental or emotional. It's okay, so let's talk."

Dr. Michael Rodriguez



Once a Year Go Someplace You've Never Been, or Once a Year, Go Home

The Impact of Travel Restrictions on Personal Relations

By Nastasia Gorea

While the first advice holds excitement for most, myself and other international students tend to think of it as "Once a year, go home."

So many people lament not being able to go to Disneyland, attend an anticipated concert or even visit that mesmerizing beach they were finally planning to go to. Routine is consuming, and any kind of change revives our being; however let me let you in on a scarier scenario: you are living 'the change' and cannot go back to what you know as 'normal'. Moreover, your 'change' and 'normal' intertwine at some point leaving you confused, and most importantly, lost. There is a feeling of insecurity associated with being deprived from what you have known, more or less like an identity strain, like a small shoe that cannot fit your whole foot.

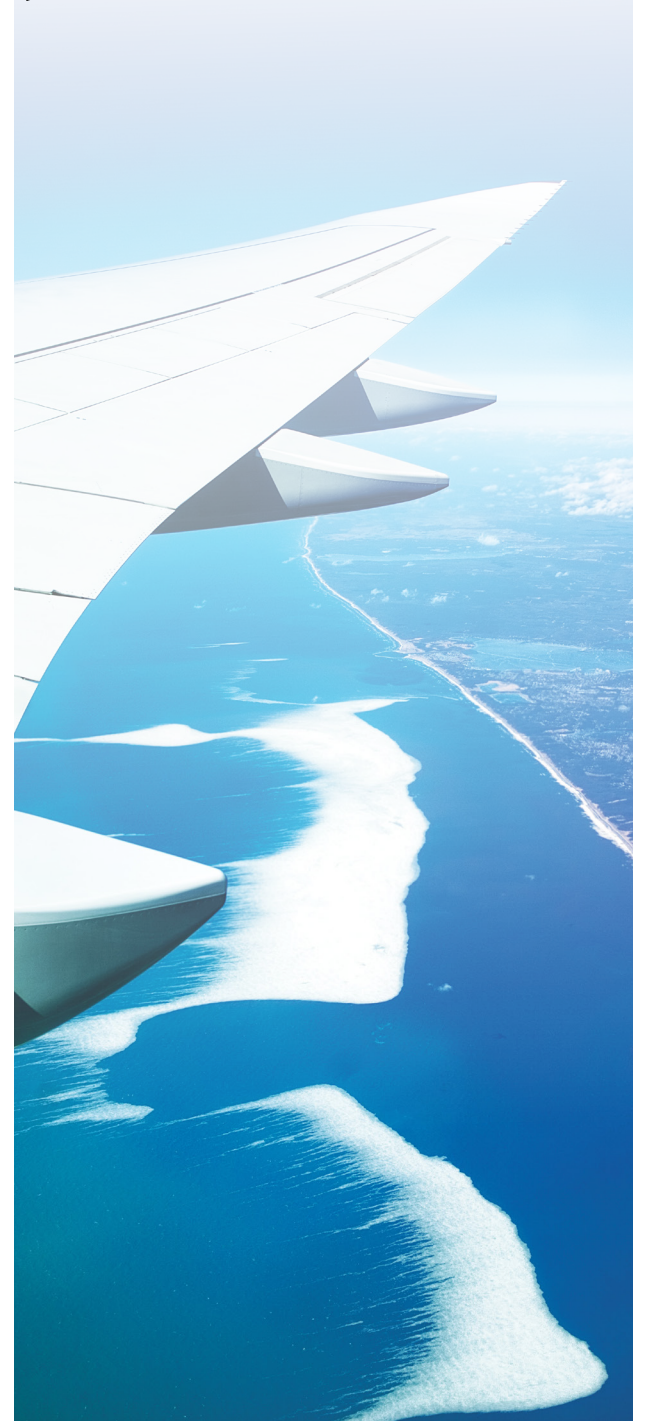
Can other students away from home attest to these vague and inexplicable sentiments? 'At first I was enjoying my independence, until I was told that I had to have it. Then I suddenly became the most vulnerable I had probably ever been. I am constantly thinking about my family; pictures on my phone feel as if they were taken in another lifetime (which is far from true), songs remind me of them, food I eat, every little thing' says A.M, an Albanian majoring in Medicine, currently studying in Brescia, Italy whilst on a second lockdown. 'It makes me feel like I am disconnected from myself. I lost track of time. It is as if the world is spinning per normal, but I am the one that has stopped' adds VFA, a Chemistry major in New York, from Mexico. "I missed my little sister's birthday this year, our planned holiday together, and it was tough on my mental health because I felt like a

burden on my family. They were paying for my rent, without me needing to physically be here, and I could not go to work or do anything to help" states A.B a mathematics student in Lyon, France. "I have been feeling devastated from not being able to see my mother for more than a year. I started having nightmares, I have never felt such loneliness as when I reached for my mother's hand and it was not there" expresses K.H, an English major in Greece.

What does psychology have to say? How can it explain all of the above? 'Yet despite the way it's coined, homesickness isn't necessarily about home. And neither is it exactly an illness, experts said.

Instead, it stems from our instinctive need for love, protection and security -- feelings and qualities usually associated with home, said Josh Klapow, a clinical psychologist and associate professor at the University of Alabama's School of Public Health. When these qualities aren't present in a new environment, we begin to long for them -- and hence home. Sometimes is hard for people to eat, sleep or interact with others. (CNN)

So yes, we tend to look for familiarity in an unfamiliar environment. But then an unfamiliar circumstance adds on, and our attentive neurons go into alert mode, which is not their usual state of being. As every other aspect in the world that longs for balance, our minds will constantly try to make themselves at ease, and failure to do so will lead to exhaustion and hopelessness after a while. If you feel any of it, talk yourself into peace, sleep your worries away, silence your thoughts with the sound of your most preferable music, and maybe, just maybe, everything will naturally fall into place again.



Kingsborough Athletics will be competing within the National Junior College Athletic Association Esports conference (NJCAA). The NJCAA was founded in 2019 and is the only national Esports association exclusively for two-year colleges. NJCAA game offerings include popular titles such as Super Smash Brothers Ultimate (Switch), Rocket League (PC), Overwatch (PC) and Madden NFL (PS4). Students interested in participating on the esports team for Spring 2021 can complete the KCC ESPORTS sign up form on the KCC Athletics website and will be contacted after it is received.

Current Spring 2021 Offerings:

NBA 2K21: is a basketball simulation video game published by 2K Sports based on the National Basketball Association.

FIFA 21: is a soccer/futbol simulation video game published by EA Sports as part of the FIFA series.



KCC supports your life and your future .

The Challenges for Working Students

Brave Students Share Their Struggles and Make Recommendations Towards Equity

By Ksenia Kostelnyy

As we are all still trying to adjust our lives to the new reality of COVID-19 lifestyle and the impact that it has on all of us, today I want to talk about the struggle students have in addition to their regular class load. In order to help student to coop with the tough times, Professor Freedman together with Student Union and Intercultural Center of KBCC created an event for students to tell their stories and to open up some of the behind the scenes of their everyday life and problems. During this meeting students were talking about working more than one job for the minimum wage to make the ends meet, but not being eligible for financial aid, and helping their families that lost their income because of pandemic situation. Some students were hoping to have more guidance from the college advisors and staff, especially those who are new to the country and school system in the United States. A topics that sounded the most concerned work/study situation and students' ability to manage and still have hope of getting a higher education and changing their life for better. Some students would like for college to provide more employment opportunities, or at least some more guidance in this direction, so students who have to work would have less stress finding a job while being able to concentrate on schoolwork.

During the meeting we heard some dramatic life stories in which young people would have to be the only ones to care for their families in both physical and financial ways. A situation like this requires a lot of courage and strength and needs to be acknowledged and addressed by the college officials. One of the biggest concerns of every student as well as a staff member is anxiety and stress that comes with those difficult life situations that pandemic puts all of us in. But as we heard about a lot of struggle from the student's side, faculty and staff also have to adjust to working remotely and not having some of the needed information and resources. In

order to address all of those difficulties, students are encouraged to contact the staff members if they struggle with anything school related as well as in need of any emotional support.

As Helen Nasser, Director of Student Union and Intercultural Center of KBCC mentioned during the meeting, college staff members are working hard to figure out the best way to help students and to encourage them to keep studying and continue their journey to a better future. This will help the college to make needed and possible changes to make a difference in their student's lives. As students receive multiple emails from college every day it could be confusing and hard to keep up with all of them. But one of the helpful tools could be looking into Current Students link on KCC website and checking out all the different opportunities you can find there. You can find the information about a lot of Wimportant topics there and even find a Calendar category where you can choose the events that you find interesting in advance and this way you will not miss it. Students who struggle financially can find more information there about Financial Aid and all the Emergency and not only Emergency Grants that are available now to support students. Although we are not meeting in real life, we still are able to do so online, so for those students wo feel lonely and would like to meet more people, student clubs and organizations are still encouraging everyone to reach out and connect doing something fun and creating a friendly and relaxing environment. As college system is adjusting to the online environment, our Kingsborough Community College website is evolving, and you can find more information to meet your needs every day. Whatever your struggles may be - please do not hesitate to reach out to a KCC staff and faculty member for support. As evidenced by the students who shared their experiences, you are not struggling alone and by sharing your stories, struggles,s and concerns you can help us to make a difference!



T-MOBILE HOTSPOTS FOR CURRENT STUDENTS

TMobile Hotspots can be reserved by contacting the Student Helpdesk at helpdesk@student.kbcc.cuny.edu or by calling 718-368-6679. Once reserved they can be picked up from M220 between 9:00AM to 4:00PM, Monday through Friday.

Using any browser on a PC, laptop or mobile device, navigate to **INSIDE KCC** <https://inside.kingsborough.edu>

Enter your Username & Password

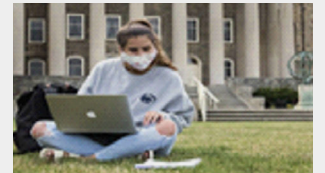
Username: `firstname.lastname + the last 2 numbers of your EEMPLID`
(Example: `Jane.Doe78@students.kbcc.cuny.edu`)



GROUPS



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ALONE

TMobile Hotspots makes it possible for you to connect to your online classes and study anywhere in groups, study partners or alone

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Uppercase first initial, lowercase inital for your lastname and the first 6 numbers of your EEMPLID
(Example: `Jd123456`)

Click Offsite Laptop Lending and fill out a form.

KCC Resources Offered Virtually

From a Distance, KCC is Here for You

By Chelsea Lliguichuzhca

C OVID-19 has led many of us to create adjustments in our everyday lives that we would have never expected. Along with these adjustments we may all feel isolated, frustrated, stressed at times because of the lack of human interaction and facing our individual circumstances. However, this does not mean we as students are left in the dark with no one. As a student at Kingsborough there are many resources students should take advantage of. These resources would include Weekly/Bi-Weekly Fall Support Sessions (Free of cost) that are hosted by Counseling & Health Services. These events range from a variety of topics such as “New. LGBTQIA + Support Sessions”, “Students of Color Support Group”, “Casual Chat”, “Self-Care Lunch hour”, to “Stress Management.” These sessions provide an

insight for students to know they are not alone during these unprecedented times by providing one-to-one talks where students express their concerns, questions and opinions. During these sessions students are also being informed about more resources offered to students.

As we may know a healthy mind can't go along with an empty stomach Kingsborough Food for Thought Food Pantry provides Grab-And-Go bags to students in need as Kingsborough's Urban farms also offers free veggie distribution, every Thursday in Grandchamps Restaurant. There are also resources for students who are under financial need Kingsborough offers Emergency Funds to qualifying students with funds that go to tuition, textbooks, transportation and other college expenses. With this in mind, students

can fill out the application at www.kbcc.cuny.edu/admission/scholarships_grants_awards.html to apply for financial need. Another vital resource every student should be using is the Career Services where they have also hosted workshops on how to create a Linked page to how to land a job in technology to reviewing resumes, cover letters and having mock interviews. Every student at Kingsborough need these essential career skills whether it be used for applying to jobs to implementing this taught skills in your current workplace. Career Services allows students to make their dreams turn into reality step by step by introducing students to real-world experiences in internship or other programs. Every student here at Kingsborough matters and so, these provided resources are meant for students to take full advantage of.

Winter Support Sessions For All Kingsborough Students.

These sessions provide a safe, supportive, and non-judgmental space for all students. During these sessions, students can share their experiences of ongoing changes and adjustments to new normal. They will have a chance to learn from each other and counselors how to reduce stress, distress, adjust to discomfort, gain emotional control and learn practical coping skills. These sessions will help them address stress and anxiety in more adaptive ways.



Students of Color Support Group

Thursdays at 4pm, starting January 14, 2021

Casual chat at Noon

Thursdays at 1pm, starting January 5, 2021

Self-Care Lunch Hour

Thursdays at 12pm, starting January 14, 2021

LGBTQIA and Support Session

Wednesdays at 1pm, starting January 20, 2021

To attend any of these sessions

- 1) Send an email to Counselingandhealth.Services@kbcc.cuny.edu from your kcc email. Please indicate which session(s) you want to attend.
- 2) Please include your CUNY Empil ID#. We will send you the Zoom link with the meeting id and password.
- 3) Sign in with your KBCC email and join the meeting.
- 4) Enter the meeting ID and password that was sent to you by Counselingandhealth.Services@kbcc.cuny.edu You will use this info for each weekly session.

GLOBAL NEWS AND POLITICS

Fighting For Freedom

Renewed Hope For DREAMers After Supreme Court Decision

By Victoria Flores-Almazan



We need to protect our freedom with our own hands. America is the land of the free, and home of the brave.

“Welcome to America land of the free and home of the brave.”

Though the question is, are we truly FREE? This year thousands of individuals in America have lost something at the cost of this pandemic. Countless lives were claimed, but not all were from the coronavirus. We must not forget one of the many cases of injustice, the murder of George Floyd. The death of this man was all the public needed to say ENOUGH. Enough of injustice, enough of ignorance, enough of abuse, and enough of racism, America is undergoing a change not only for humanity but for what is to become of history. Alongside this injustice event, individuals were dreading the decision of the Supreme Court regarding DACA. It is not a secret that the Trump Administration has been against undocumented immigrants from the 2016 campaign stating phrases like "They're bringing drugs. They're bringing crime. They're rapists. And some I assume are good people." Therefore, they took the very action to terminate the only support undocumented immigrants had – DACA.

DACA stands for Deferred Action for Childhood Arrivals. The program was created by the Obama

administration in 2012. Individuals that came to the United States before the age of 16, lived in the here since June 15, 2007, and proof of living here for at least five years are eligible for the DACA status. The program is intended to fight the injustice against individuals that due to their age, they were unable to provide consent to leave their home country and to immigrate to a new one. Most of the participants were not aware that they were undocumented until a later age, usually by the time they have to apply for a license or pursue an education. Furthermore, DACA gives them the chance to remain in the only true home they ever have known by giving them a work permit that must be renewed every two years. As a result, the name DREAMERS for individuals under DACA was born. They obtained that name because they want to achieve the American dream; the chance to live here and make their goals reality.

The Trump administration had a different plan for DACA/DREAMERS, and it was coming with full force. President Trump's scapegoats were South American countries, especially Mexico. According to the Migration Policy Institute (MPI), Mexico has 517,460 participants in DACA follow closely by El Salvador, Guatemala, Honduras, and Twenty-six other countries from all over the world; this makes Mexico the main priority. Based on the region, New York is the fourth state with the most contribution, 28,180 DACA participants. When the Trump

administration took over, they quickly denied new applicants and started the action to end the program. The reason to end this program as Jeff Sessions, Trump's first attorney, said "The program is illegal." We must not forget that this is the same administration that called the DREAMERS "Rapist", but they failed to mention two-thirds of DACA participants are under the age of twenty-five and women according to the Pew Research Center. Strongest will always step over the weak but it will be harder if "weak" unite against the "strongest".

People have seen and heard ENOUGH! To that end, they use their voice, their right to vote, and the results showed. Now, America has regained hope, hope in the new administration led by President Biden and the first woman Vice-President, Kamala Harris. CUNY staff and students speak up regarding their approval. Jose Higuera Lopez Director of CUNY Mexican Studies "this is a triumph for the thousands of young immigrants and allies." Current Kingsborough student, Nastasia Gorea, "this administration gives me the chance to achieve the American Dream." This new administration is what American needs to heal from all the atrocities witnessed. The results of this election do not mark the end but a new beginning. The beginning that all immigrants, international students, minorities, and dreamers have all been waiting for. This is America, the land of the free and home of the brave!

Sweden & COVID-19

How a European Country is Tackling the Pandemic

By Kayla Sherald

During times of undeniable civil unrest in the United States, the sights placed on our eastern neighbor of the Republic of China during the earlier months of 2020 seem to have gradually dissipated and been replaced with a tunnel vision of criticism and sure disapproval placed on our own political leaders. From finger pointing to who did the worst job of containing the virus and who would've done a better job though hypotheticals are only that; the ultimate source of COVID-19 has yet to be researched unbiasedly and probed thoroughly.

Nations across the world are still facing surges of confirmed cases and sequential lockdowns and it's apparent that the COVID-19 pandemic isn't black and white with some nations continuing their fight with containing the virus as some other international parties seem to have gotten a better grasp on it compared to others. Or, have they?

Sweden records its COVID-19 arrival date as January 31, 2020 in a woman who'd returned from Wuhan, Hubei, China, the epicenter of the pandemic on January 24, 2020. Stating that as soon she returned from the eastern nation she immediately isolated herself and contacted health authorities once she began experiencing symptoms of the novel coronavirus, the woman soon recovered from the illness as of March 3, 2020.

And from that point on, as the world braced for their designated "peaks", life in Sweden went on. People visited parks, restaurants, museums, and all of the luxuries that quickly shut down in multiple nations around the world. However,

according to Tegnell in an interview with the Newsstatesman, behavior in Sweden changed dramatically. In comparison to neighboring countries, Sweden's approach was more lax but relating to normal life, activity had been reduced significantly. Still, many, including Sweden's own Vetenskapsforum COVID-19, a group that pushed for stricter protocols in relation to handling the current international health crisis. Those with similar opinions as the Vetenskapsforum COVID-19 criticized this unorthodox approach made by the Swedish government to not shut down, setting their sights on how long it would last before the infamous "soar" began. Yet, it seemed that in the months that followed – once the initial global hysteria died down and people slowly left their homes to lounge in parks and visit friends, Sweden had beat COVID-19, without any lockdown whatsoever. But how?

At the beginning of the pandemic, Anders Tegnell led as Sweden's chief epidemiologist. Along with predecessor Johan Giesecke – now sitting as the World Health Organization's vice-chair of the Strategic and Technical Advisory Group on Infectious Hazards – their approach included that of "trying to slow down the spread as much as possible" so as to not overwhelm hospital systems as being witnessed internationally. As he insists, it wasn't "herd immunity". He advised health authorities to refrain from advising the public to wear masks as it wasn't a complete barrier to the virus and would instill false hope and security in their being protected from COVID-19.

Though one today would strongly disagree with



Gamla Stan, Stockholm, Sweden

this no-mask approach, one cannot deny that even in the early days of the virus, knowledge about what was then known as the novel coronavirus was minimal. Officials such as immunologist Dr. Anthony Fauci asserted that masks "weren't necessary". The World Health Organization led by Tedros Adhanom Ghebreyesus, a former Minister of Health to Ethiopia stated that there is no need to shutdown and close off national borders to foreigners from China. Even today, months after it was declared an international health crisis, efforts to research its origins have been squandered as probes were and continue to be denied. The novel coronavirus was just that. Novel or new. And nobody knew much of anything about its short or long-term affects.

It seemed as though Tegnell guided Sweden through its first wave of COVID-19 with an unprecedented approach. However, he reminded that this method set by Tegnell wasn't entirely relaxed. There were bans on 50 or more people gathering and Swedes also spent more time in their homes as compared to their pre-COVID lifestyles. This also doesn't diminish the many lives that were lost because of the virus, it simply acknowledges the effects of a different method taken in comparison to the rest of the international community that too faced death tolls and calamities.

What happened?

As of September 2020, Sweden has seen a spike in its COVID-19 cases. According to Statista, there were around 84,565 total confirmed cases in Sweden. Two months later, that number has risen twice its size to 177,355 total confirmed cases.

What does Anders Tegnell have to say about this?

Well, he stands by his approach and though he admits that the death toll grew very high, strategies taken to combat COVID-19 have no definite relationship to mortality. Just as there were consequences faced for the "no-shutdown" approach in Sweden were there too in more authoritarian societal shutdowns.

And as we all are witnessing in real-time, this is just an uphill battle.

COVID-19 affects our lives. Wearing a mask has become normal.



PHOTO REALITY OF 2020

by Prof. Tommy Mintz' Photography Class



Photo by Larry Sapadin



Photo by Larry Sapadin



Photo by Marybeth Zeman



Photo by Larry Sapadin



Photo by Larry Sapadin



Photo by Marybeth Zeman



Photo by Larry Sapadin



Photo by Wolfgang Larsen





Photo by Larry Sapadin



Photo by Larry Sapadin



Photo by Larry Sapadin

Halloween in Park Slope by Larry Sapadin

Photo by Marybeth Zeman





Photo by Marybeth Zeman



Photo by Wolfgang Larsen



Photo by Wolfgang Larsen

Photo by Wolfgang Larsen



Photo by Marybeth Zeman



ENTERTAINMENT



Future Nostalgia

Dua Lipa Gives 80's Vibes in New Album

By Andre Rickman

Some of the attributes future nostalgia shows off is a heavy 80's aesthetic inspired by Madonna's confessions of the dancefloor. Future Nostalgia plays with the many eras 80s synth vibes and sounds just like many 2000's albums that pays dues to 80's 90s aesthetics (think of The Weeknd's Afterhours, the aesthetics may seem similar but it's actually modern sound experimentation like Madonna's confessions on the dance floor which played with these 80's aesthetics. Dua Lipa breaks the "sophomore curse" by producing an all-around 80's-esque masterpiece that can be in a sense

multigenerational due to some gen z's going back in time feeling but also in giving a modern yet timeless flair to 80's pop music. Future Nostalgia released on March 27, 2020 and is the second album of Dua Lipa born August 22, 1995, who started on the scene with her self-titled Dua Lipa that included such singles as: "New Rules" and "IDGAF." These each had the similar theme of love lost and being better without anthems.

Some of the major pros of the album would be the use of playing genres' and era's and the different emotion each song evokes such as "Boys Will be Boys," which presents the contradiction of mainstream ideology of sexism and ends with the intentionally-empowering lyric "girls will be women."

The Future Nostalgia's title track proclaims her prowess of confidence and subtle sex appeal with lyrics like "no matter what you do, I'm gonna get it without ya/I know you ain't used to a female alpha." She starts heavy on a love of '80s pop and '90s club culture, Lipa and her genius career producers (Stephen "Koz" Kozmeniuk, Ian Kirkpatrick, Stuart Price, Jeff Backer) tunnel deeper into retro-pop revival, a flashy dance floor hit, that gives people major Abba/Kylie Minogue vibes which this writer believes should win a Grammy.

Future Nostalgia is nonstop as there are no ballads on these 10 tracks. The closest it comes to feeling vulnerable or yearning is the single "Pretty Please," a plea for stress-relief sex with an ultra-deep bass line. When Lipa proclaims, "You got me losing all my cool/Cause I'm burning up," it shows anticipation that anyone can relate to when a feeling starts to become prevalent and you must do something about it. Dua Lipa's long shelf life built the British and Kosovar Albanian singer's fanbase.

BTS and Mental Health

New Sounds and Dis-Ease

By Kayla Sherald

Following their ninth studio album release of "BE" on November 20, 2020 at 12 a.m. EST, Korean boy group BTS explores the events and traumas of an unexpected and shocking halt and detour from life as we all knew it before the COVID-19 Pandemic.

With songs like Life Goes On, Dis-ease, Blue & Grey, and Stay, listeners are given a hint to the theme of the album introduced during this grueling and confusing period in which the world has been forced to adapt and reflect on the world before. With its play on words, the sixth track of the album "Dis-ease" is a play on words of the English word, disease - something of which has caused havoc and has inflamed pre-existing symptoms of ill societies. Along with its obvious mention of what time the album finds its debut, Dis-ease also explores the band's experience with having to completely adapt to new lifestyles that are much different to their normal routines. Though it includes an upbeat tone throughout the entirety of the song, the lyrics discuss feeling optimistic all while knowing something isn't right.

Prior to the pandemic, many of us have had ideas about our inner struggles and barriers but with a fast-paced society, it was easy to block out the noise and pretend. However, with the pandemic inclining municipalities to shutdown most activities where the spread of the virus becomes especially risky, we've been forced to face our deepest thoughts as they were the only ones pent up with us in quarantine.

With the group's youngest member Jungkook greeting to the press during their BE Press Conference (preceding the release of the album and the premiere of the title track, Life Goes On's music video), he mentioned how much everything has changed and what they grew so accustomed to before has ultimately become something they must now get used to once again. This is especially important to note as it provides fans and new listeners to accept what relationships and connections were lost because of the pandemic and now has to be amended. With the loss of such things, we grew accustomed to and perhaps took for granted, we now have built a longing and appreciation for them. And with the release of this album, much closure is provided to some of our most confusing thoughts.

Many people look to K-Pop as a very superficial and vain industry and while in some instances they certainly are, BTS has opened up much dialogue and brought hope and peace to our most troubling circumstances with their admission of the very same consuming their own minds. It brings about a comradery and solidarity in this big adventure of suffering and triumphing.



Tame Impala performing in 2019 at Flow Festi

Review: Tame Impala's The Slow Rush

Worth the Wait from the One-Man Band

By Alyssa Colon



Album cover of the Slow Rush

Reminiscing on memories, nostalgia, and the uncertainty about the future. Kevin Parker brings to the table a number of genres to this album. Disco, soft rock, and psychedelic pop.

The album "The Slow Rush" by the one man band Tame Impala. Will bring a sense of psychedelic vibes that are immaculate, with this album they are able to give you that outer body experience and that chance to reflect on your inner self. This album brings a new exciting different taste that everyone needs.

It's been five years since the release of Tame Impala's album *Currents* and many highly anticipated *The Slow Rush*. And it was worth the wait! Kevin Parker took his time creating this new album. Parker was able to open up and become vulnerable; he took a piece of himself

and put it out into the world. By talking about the passing of his dad and by putting himself out of his comfortzone.

To kick off the album Kevin Parker starts off with the first song on his album "One More Year." Which is one of his most intimate songs to date. It starts off disoriented with a catchy beat slowing in. Kevin says the concept of "One More Year" is about the concept of time and not caring about its limiting factor, but rather living life to its fullest. Kevin says he is also most creative when he is uncomfortable consequently making him push his boundaries. And he did that for one of his songs in the album "Breath Deeper" by he would smoke marijuana and go outside while stoned. By putting himself in an uncomfortable situation he was able to absorb that feeling and create "Breath Deeper" which is how he was able to start the song.

Personally my favorite song on this album is "Borderline" everytime I hear that song I get a sense of nostalgia, I feel as if everything in that moment is perfect and nothing can ruin the vibe that I'm in. This is a perfect album to listen to whether you're alone or with a group of friends. Kevin Parker knows how to bring out the best positive vibes.

The album overall brings a sense of passage of time, including nostalgia, death and spending his life with one person. This album will bring a rush of emotions and gives us a sense of what goes on inside of Kevin Parker's mind. This album was beautifully created with 12 songs and a total of 57 minutes. If you're craving for a different taste of looking for something new to listen to. I can assure you Tame Impala is the way to go!

It Pays to Be a Student

How to Take Advantage of Free and Discounted Student Resources

By Keyonna Burton

This pandemic has affected everyone and in a lot of negative ways. I am here to help lessen the negativity and stress we experience as students and also inform you about the benefits we receive while living in this hi-tech world.

Since moving to Distance Learning in March, many of us do not have the option to go hang out with friends so we are spending a majority of your time at home. So imagine this; Your English 1200 class has just ended and its 3:00 pm. You wanna watch tv but it is all reruns because production stopped for a lot of tv and movie stations due to the pandemic. And you just want to find a way to entertain yourself that wont break the bank and just give you something to do instead of mindlessly scrolling through TikTok and Instagram. Here is when being a student really pays off. I'm going to list a few Websites that I believe are very beneficial for students for academics and entertainment purposes.

Let's start with one program that all students will need to get those essays and projects done and is Free! That program is Office 365. PowerPoint, Excel and Word are just a few of the programs you get in Office 365. All you need is your student Id, which we all get upon acceptance into the college. You can also download Office 365 on your mobile devices if you need to edit or even start a paper while on the move.

Shoutout to my Journalism instructor, Professor Percaccio for letting us know that we can receive a free subscription to The New York Times for the time that you are enrolled in school. You can stay up to date on current events, there is also an Entertainment section and you can even personalize what articles you see first. Not to mention the Word Search it's

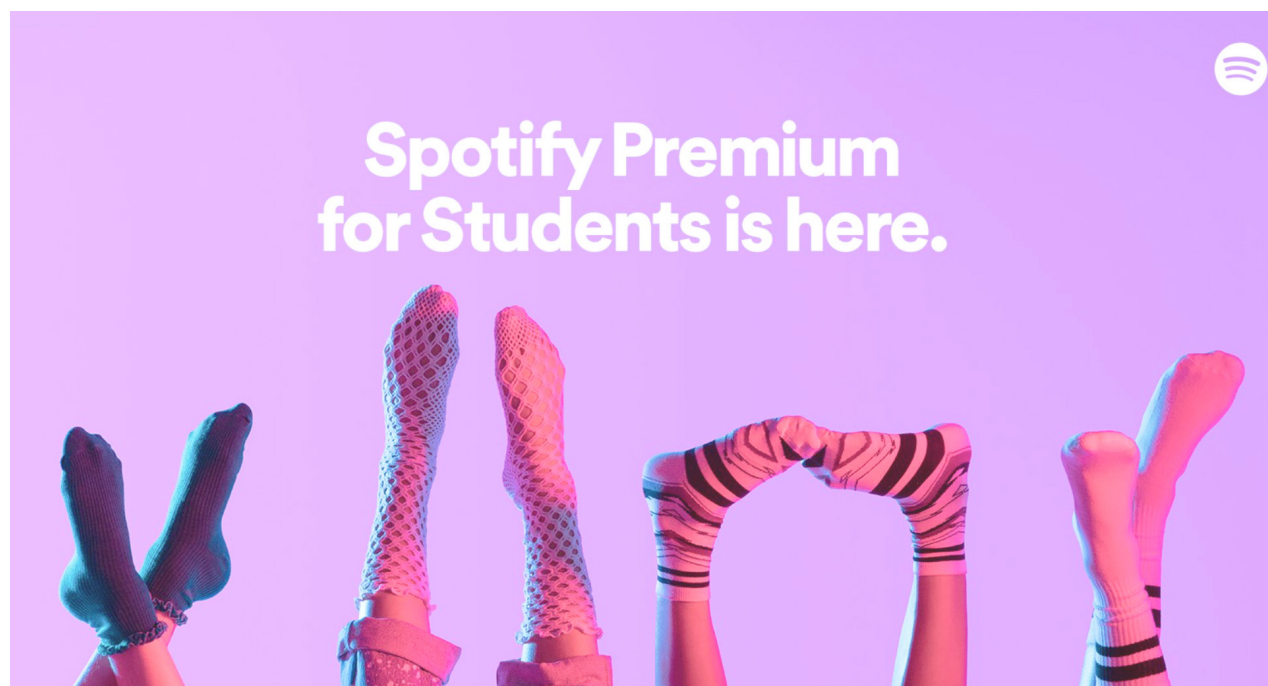
good to advance your vocabulary and helps time go by while you are just relaxing.

My personal favorite for just \$4.99 a month is the Spotify Student discount. That's unlimited songs and albums from your favorite artists and podcasts all with no ads. Included in the package is Hulu so you can finally discover what everyone has been talking about when it comes to the Hulu Original: The Handmaid's Tale. But just like those late night commercials we would see while watching tv; But wait! There's more if you sign up for the student discount you also get Showtime so you are getting 3 amazing services all for \$4.99 and all you need is to use your student email. So when its 12:00am and we just submitted the lab report for Bio at 11:59 let's not unwind by opening our Spotify and playing some White Noise to help us drift to sleep.

Lastly, a service who I should probably be ashamed to admit probably knows me too well. Amazon. I saved this for last because this is a bit pricey but has so many benefits. 2-day shipping, Prime Video, Prime Music, unlimited deals and discounts and many more. Literally cutting the annual cost in half is Prime Student for \$59 you get perks listed above as well as so much more. Or you can opt for the monthly fee of \$6.49 either way once you sign up with you guessed it your student email you get 6 free months and have access to all the perks included. So get your textbooks rented or new, listen to music or an audio book, or just watch as many series and movies as you want with Prime Video take advantage at least for the 6 month free trial.

I hope this was informative for you all because when going to college yes its all about getting an education but there are perks too that can help us save money. As well as getting an education we need to keep our funds and our mental health in the best shape possible.

Spotify has a student discount for only \$4.99



A group of girls dancing and enjoying their lives

How Can I Stay Social and Safe? Tips for Making it Work

By Sanaa Nichols

We know. A lot of us are feeling the same way you do. There's a lot going on that many of us are experiencing for the first time and a lot of emotions are floating around.

We're going through a pandemic, multiple shutdowns and the ongoing (and seems as if it may never end) election tension only adds to the amount of anxiousness many of us are feeling. We need ways to cope. Things that'll make us happy and remind us of things we used to do before Covid. One question you might be asking is, how? How am I possibly supposed to do anything with all these Covid restrictions? It's hard, but know that your friends and family are always there to listen and that there's ways to make you feel like yourself again.

Hanging out with your friends, your family or learning new hobbies are just some of the ways that can knock you straight out your funk. Some people are even learning about spirituality and meditation to help give them some peace of mind.

"What if we want to hang out with our friends outside?" or "how are we supposed to do the same group activities we were doing before Covid?"--You can still do that! Bring a mask to your festivities and quarantine before seeing your homies. If you wanna do things like yoga, dance classes and other group things, do them virtually! A lot of the activities we participated in before Covid are still going on.

If you don't want to hang out with friends that's okay too! You can read, listen to some music, do some journaling, or take some 'you' time and just try to process it all. Take care of yourself and don't stress, it'll all be for the best.

Need/want some advice? Email KBCCadvice for all questions and comments and we'll be sure to answer you in our next issue!