

Kingsborough Community College

Winter 2023-2024

The City University of New York

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KCC Welcomes Interim President Suri Duitch

nterim President of Kingsborough Community College Suri Duitch is no stranger to taking on new challenges. Having served as the dean and vice president for academic innovation at Tulane University School of Professional Advancement, Duitch preceded her 7 years in New Orleans here at CUNY. I had the pleasure of speaking to our new interim president on her second day on the job, diving into her process as a leader and problem-solver over an hour long conversation.

Not one for interviewing, my nerves were set at ease when the first words to exit Duitch's mouth were "I love your sweatshirt," noticing the graytone Robert Smith on my chest. Thus led to several minutes of picture taking and 80s band talk, where I learned that Duitch, like myself and many others, found herself in New York at 18 for college. Though she holds a BA in English Literature from Columbia University, she "never had plans for making a career out of English literature [but instead followed] the path that seem[ed] interesting" and had the capacity to create change. Though said path was not always linear, Duitch exclaimed, "I've had a great journey up to now. And my first graduate degree was in community organizing from Hunter School of Social Work (at CUNY). It's an amazing program. I was really lucky to get to go there. And that gave me access to this whole world of public policy [t]hat was so interesting to me."

In addition to her MSW, Duitch received her Ph.D from the CUNY Graduate Center in Urban Education, and spent 14 years at CUNY's Office of Academic Affairs and School of Professional Studies as both deputy to the senior university dean for academic affairs and university dean for education and workforce development. In addition to helping establish the ASAP and CUNY Start programs for student success, Duitch has implemented and monitored, "everything from arts programs to training early childhood educators, to industryfocused programs in healthcare or green technology, to English language learners [and] to GED." "I got to help start two new colleges, including Guttman Community College, which was at that time, [...] the first new community college at CUNY [...] in 40 vears.'

There is no telling what Duitch will accomplish during her interim presidency at Kingsborough. As a leader, she dissects areas of need to the fullest degree for efficient, creative problem-solving: "I know what's important. I know that the student experience is important. I know that having students come, stay, and graduate is really important. I know that academic rigor is important. I have a set of values about how I approach being an educator, but how that translates into priorities (for the school) is a different matter. [W]e are post-pandemic, but we're coming out of the pandemic and people's experiences of it. And so that has a huge impact on the institution and



on how people, everyone in the campus community, experiences the institution and being a student at it or working at it. So students who are here now most likely spend some significant part of high school online, right? So that has an impact on how they function as students and also how they function as social people and has implications. And people are tired in some ways, right? [A]t the same time, there's an overall political context and a financial, a fiscal context for the school. So public higher ed[ucation] in general is always resource constrained. And at the moment, it happens to be more so than usual. And so that creates some of [...] what will be my roadmap as interim president," guided less so by predetermined priorities and more the unique needs of Kingsborough itself.

Duitch will be far from working alone on her obligations, however, as she praised the significance, and shared mission of Kingsborough faculty and staff. "Ed Rios, who's the vice president who oversees finance and administration, was giving me a tour [on my first day], and he was showing me all these hallways in the different buildings where he cobbled together enough money for drywall and paint and new lighting and ceiling tops and showed me the difference between the floors that have been done and the ones that haven't. And it was just such an awesome example of the community college ethos of 'we're going to take the resources we can pull together and we're going to focus them and everyone's going to work really hard and we're going to make this a better place for students." She continued, "Kingsborough Institutionally has long had this perspective that there is a shared accountability for student success. And that means success academically, but it also

means success in terms of life beyond college and future degrees and jobs and careers and that everyone has a role in supporting student success, regardless of what they do in the institution, whether or not they directly interact with students as part of their daily jobs or they don't. I have it. The custodial staff have it. The admissions staff have it. The accountants and bursars have it. We all have this accountability for student success.

"And at the same time, the world is evolving quickly. The workplace is evolving quickly. And so there's virtually no instance in which you walk out of the institution with a set of skills and knowledge that you will need for the rest of your career. That's just not how the world works anymore. And so we have a responsibility to prepare students for a life of career ups and downs and pivots and shifts. And this is something that I also believe. We have a responsibility, I would say, to model an institutional culture that shows a workplace that is sort of the best of what this future workplace is, where there's collaboration, where there's flexibility, where there is critical feedback, where there's not too much hierarchy, where people have voices at different levels of the institution and their opportunities for feedback.'

In addition to the support of faculty and staff, Duitch emphasized the practicality of a Kingsborough education in student success: [the associate degree] is a combination of specialized and broad knowledge... you could have gone to a technical college or have gotten a certificate. [...T]here are many options for what people here could have done educationally and the institution is invested in you for a lifetime, [...] so the idea that you should be taking courses in the arts and humanities and the social sciences and the hard sciences in addition to what your major is and that all of that should be taught at the highest level possiblewhether that is Psychology or Nursing or Maritime or Culinary or English or History-that there's a common set of values around what education should be. I think it's really powerful."

Suri Duitch left a private university in New Orleans to lead a community college that's larger times ten, her husband and children at home in Louisiana as she seizes a new opportunity. Whilst discussing the non-linearity of her academic and professional careers, our new interim president shared with me a Yiddish word that has played a role in her life: "bashert," or "fated." It's difficult to feel as though we are on the "right" path, doing the correct motions or making the best choices when there is no definitive guidebook to life. Suri Duitch demonstrates a capacity for good built not upon the perfect road to success, but upon integrity, and values in education and innovation. Please join me in welcoming our new interim president. May Ms. Duitch serve with creativity and compassion.



Scepter

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2001 Oriental Boulevard, Room M-230, Brooklyn, NY 11235 Phone: 718.368.5603 Fax: 718 368 4833 scepter@kbcc.cunv.edu

Letter From The Editor

he last time a Letter from the Editor made it into Scepter, then Editor-in-Chief Kayla Sherald used a word in her letter, "stagnant," to describe how her perfectionist mindset immobilized her. It was April of 2021, and Kavla, along with the rest of the world, were quarantined during the first wave of Covid 19. The reason her use of "stagnant," or staying the same, stuck with me is because of a different word that has been on my mind: interim.

In a way, the two words conflict, but juxtaposing the art of staving still to that of transition can almost act sequential. In April 2021, Kayla spoke of a train which, "keeps going, and either [she was] going to get up, gather [her] things and get on, or stay stagnant" from her fear of failure. For many years before the pandemic, my own fears of the unknown kept me firmly rooted in place. I stuck with what I was good at and avoided instances in which I anticipated failure, leading me to pursue the safe, and conclusively incorrect, academic path before ending up at Kingsborough as your interim Editor-in-Chief.

I did not intend on attending KCC, nor did I plan on taking on a journalism position. I also didn't anticipate interviewing our interim president Suri Duitch, who used the Yiddish "bashert," or "fated," to describe how it is she came to this role. Like Kayla, for a long time I felt stagnant, and whether by fate or circumstance I will soon be signing on the doted line to remove interim from "Editor-in-Chief Scarlet Levin.'

I need to anticipate that my plans will almost never go as intended, and remember that slow motion is better than no motion. Instead of the impossible standards of my past, I aimed to enter Scepter openminded to the process and progress. To account for my January entry, I anticipated calling this edition of our paper the "Winter Issue" vs. a specific month and year. Though I aimed for a February release, I chose introspection and allowed myself the grace of the winter period to grant you all with a great new issue that, while not perfect, has heart. Initially, knowing the last Letter from the Editor was prepandemic created a notion in me that I needed to write something next level. I took Kayla's advice, and chose to ignore my need for perfection. We are "The Students' Voice," and as your future interim Editorin-Chief it is my job to reestablish a connection with the students we had before Covid. To all the Kaylas who feel deterred by their perfectionism, or those anxious their plans went awry, and all Kingsborough students: hello again! We are Scepter, the Students'

This may be the Winter Issue, but as Punxsutawney Phil the groundhog decreed Spring is about to bloom. Let us all enter the Spring term with a growth mindset and be the best versions of ourselves we can be.

Sincerely,

Scarlet Levin Interim Editor-In-Chief



My commute via Brighton Beach

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.



By Scarlet Levin

February 13th, 2024.





CAMPUS AND LOCAL NEWS

Kingsborough in the Rankings KCC Named Top Community College, **Producer of Fulbright Scholars**

uring the 2023-2024 winter season, CUNY's Kingsborough Community College was in the news for multiple achievements in academia. EDSmart, a renowned source for college rankings, published their assessment of the "Best Community Colleges in New York" for 2024 on February 9th. With CUNY and SUNY encompassing more than 90% of New York's public community colleges, according to the assessment, Kingsborough ranked #8 amidst all 121 two-year academic institutions in the state. A few days later, the U.S. Department of State's Bureau of Educational and Cultural Affairs recognized KCC as a top producer of Fulbright U.S. Scholars on

The rankings by EDSmart are based upon data gathered from the National Center for Education Statistics' college navigator. The research tool highlights factors such as salary after attending, retention rate, 4-year graduation rate and average net price to highlight strength areas of each

burden and financial outcome of students, as well as their satisfaction and academic success, KCC received a score of 94.2/100.

Conversely, the Fulbright U.S. Scholar program conduct research, teach, and create worldwide. Having served as the U.S. government's flagship international academic exchange program since 1946, the Fulbright Program has granted over 400.000 individuals with incredible career-oriented opportunities abroad. According to their website, Fulbright alumni include 89 Pulitzer Prize winners, 80 MacArthur Fellows, 62 Nobel Laureates, 41 heads and changemakers in the United States.

Named one of seventeen 2-year institutions with recipient and chemistry professor Dr. Homar their recent nominations.

institution. With an emphasis on the economic Barcena. His project, titled "Metabolomics-Assisted Epidemiology of Re-Emerging Infectious Diseases,' will see efforts between the U.S. government and the Association of Southeast Asian Nations (ASEAN) to control the spread of infectious diseases endemic offers over 400 awards for academics, professionals in ASEAN countries. According to a piece by KCC and artists across career genres and levels to News, research will also be conducted at Mahidol University in Bangkok, Thailand and Universitas Gadjah Mada in Yogyakarta, Indonesia.

Within the past year, Kingsborough Community College was also named a finalist for the 2023 Aspen Prize for Community College Excellence. The \$1 million dollar prize is determined based upon five factors: student learning, degree completion, fouryear transfer, workforce success and equitable of state or government and scores of other leaders outcomes. "Of the nation's 1,000-plus community colleges, 150 were invited to apply...109 colleges" were evaluated, and KCC made the top 10, according the highest number of Fulbright Scholar finalists for to Aspen Institute. Congratulations to Kingsborough the 2023-2024 period, KCC ultimately celebrates Community College and Dr. Homar Barcena for

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: scepterpublications@gmail.com



Photos courtesy of Kirsten Davis

"Monica Makes it Happen" How a New York Reporter Gives a Voice to the Voiceless

By Kirsten Davis

ix 11's Monica Morales is known for making it remember thinking this is a really important story happen. Whether it's reporting local events or shedding light on the poor conditions in New York's public housing, she's become a journalist for the people. For communities who need someone like them to speak up, Morales is just the woman for the job; a relatable face in a changing city filling up with unrelatable faces and widespread gentrification. With her perfectly kept waves of blonde hair, a smile that can brighten up any room and the friendly demeanor of everyone's favorite aunt, Morales comes off as the perfect person to report on such personal issues.

It didn't always start out this way. In fact, public housing was never the original plan for her series, "Monica Makes it Happen." Running for the last seven years, the program has done more to tackle the community's problems than anyone else has. Public housing just seems to have become one of the biggest issues neglected in New York City: "Monica Makes it Happen' kind of happened by accident," Morales says of the series' origins, "We not just from her humble beginnings in elementary got a lot of emails to our assignment desk that there school, but also from her own family. Her mother were families living in public housing without heat was one of her biggest reasons for wanting to be a or hot water." It was in Far Rockaway during a blizzard that the story really begins, hallways filled with families desperate for change. Among all of the people needing her help, what caught her attention the most was a father and his son.

"There was one man that had a son living with autism and he said he couldn't bathe his son and it just devastated him and he was crying. I just

and we have to fix this. I didn't know how we would fix it, but I just knew by telling the story we could help." Tell the story she did, and it simply marked the beginning.

Over time, emails would continue to flood in and she would go on to be a hero to those in less fortunate living conditions. Where there is a shortage of people willing to tell these stories, Morales has never hesitated or shied away from the task at hand. However, she wasn't always so brave. Before becoming the champion of people in poor living situations across the state. Morales was once a timid elementary school student with a dream.

"I think I gravitated toward journalism because it was not naturally comfortable for me to be so outgoing. The first job I ever had was doing a radio show in the fifth grade. So that was my first taste of journalism. And I think that really changed my life," she said.

The news also has great sentimental value to her, news anchor.

Morales explained, "My mother was undocumented. She was undocumented for many vears and didn't speak English. So she would watch TV, and she would learn English watching television. So everyone on TV, to my mother, was just so important. She would always watch the news. She would watch people on TV, and she would admire

them. So I watched my mother and her admiration for the news."

Since her start in Miami, Morales reported the news for several cities across the United States, including Boston and Milwaukee. One day, her work landed her in New York. This day was not a dream come true like many would assume but instead it was one of the greatest tragedies the country has ever faced.

"When I went to New York City on September 11th to help the crews and the cameras that were lost that day, it turns out they needed my camera, but they also needed my photographer. And so we covered the story for several, several weeks. And then I went back to Boston thinking in my heart, I wanted to come back to New York City because it was one of the worst days of my life," she said. "I felt a sense of family with New York City almost immediately and I wanted to live here."

Watching how the city was able to come together in the face of such tragedy inspired her to come back and for the last fourteen years, she has been with PIX11 news.

There has not been a single story that has not continued to impact her and there isn't anyone who hasn't been impacted by her work. Anthony Mazza, chief photographer for PIX11 news for the last 19 years, explains Morales' impact on the community by saying, "What she has done for the communities has just been unbelievable. Nobody's doing what she does. Nobody's helped people more than Monica has

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empowerment

It is difficult to find anyone who would tell their getting results. She will not stop until it is fixed." stories so naturally Morales stepped up, her mother Using her job to get results is of great importance once again part of her inspiration. In the future, that to her because while she has the resources of multiple is exactly what she hopes to continue doing. One day platforms of social media and her work as a news she hopes to be able to write a book, compiling and detailing just what she has done and experienced reporter on television, she has somewhere she can in helping the community. She also hopes to gain a spread the word and actually create a voice for those who cannot speak up for themselves. bigger platform, possibly a show of her own to really Her goal includes creating a voice for women, put herself out there and make a difference. While the something incredibly important to her, and that is audience only sees a brief few minutes of her work, evident in her work. Recently, Morales received the she has done so much more than what is actually "Distinguished Woman of the Year Award" from the shown and has become a great inspiration and help Zonta Club of New York for her work in women's to many people. Her need to help her community is greater than any challenges that may get in the way Through each story she does for "Monica Makes it of her work. Despite how mentally taxing her job can Happen" and in each community she brings change be, she continues to push forward every day to make to, women are at the forefront. "Women run almost these stories known. She can be seen weeknights on everything. And especially in the communities I PIX11, still making things happen and still getting cover, I specifically focus in on black and brown results. Morales is the perfect person to pave the way communities across the city, the working women of for up and coming journalists and sets nothing but a our city that are not only holding up their families, great example for just what they should be doing with but their communities." Morales said. To Morales, their work. Her greatest hope is that the journalists the women of our communities are important and of the future can use the tools that she never had empowering them is even more important to her. herself to make just as much of a difference.

Bv Gail Smollon

n 1643, an English noblewoman, Lady Deborah long called The Moody House. It was thought to Urban Park Rangers is leading a tour of Gravesend Moody, became the first woman to establish a be her actual home, but it is now believed that the Cemetery and giving a talk on Lady Moody and the major settlement in the New World. That original land current house was built long after her death. grant encompassed the present Kingsborough Lady Moody remained an important figure in the Dutch colony throughout her life, often called upon to campus. The story began in England in the town of Gravesend. Lady Moody was born in 1586 and make political decisions and mediate problems. She married in 1606. She was newly widowed in 1629 died in 1659, age 73 years. Her grave is unmarked but and, in her grief, embraced the Anabaptist beliefs. is most likely located in the historic cemetery across the street from the Moody house. Lady Deborah But religious intolerance was strong in England, and she was persecuted for her faith. Moody: pioneer; brave, strong, intelligent woman; In 1639 she left England to seek religious freedom ahead of her time. She made history! So...now you know

in the New World. That decision changed the course of her life. Lady Moody, and a band of followers, emigrated to Massachusetts and settled near Salem. She soon learned that religious persecution had arrived in the colony ahead of her. Closed to any new ideas, the Puritan minister of the colony wanted religious unity and attacked her beliefs. She was put on trial for religious dissent and labeled "a dangerous woman.

Lady Moody sought respite in New Amsterdam, where the Dutch West India Company was seeking settlers. Religious tolerance was the official policy of the Netherlands and its colonies. Thus, Lady Moody became the first woman to establish a New World settlement, which was also the first English settlement in the Dutch colony. The town charter was the first to grant religious freedom, within the town, without outside interference. The land grant, at the southwestern tip of Brooklyn (then called Long Island), included what is now Coney Island, Bensonhurst, Brighton Beach, Sheepshead Bay and Manhattan Beach. The town was named Gravesend. Lady Moody personally laid out the new settlement, creating the first grid system, so common now in NY. Each settler received an equal size square

She makes it happen every day and she is always

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Here Before Kingsborough A History of the Land that Makes Up Our Campus

plot and was granted ownership upon building "a suitable house." Farms were positioned around the outside square in triangular lots. The street layout she created still exists in the Gravesend section. Names on the original map are familiar today: Stillwell, Lake, Voorhies, Van Sicklen, Emmons, If you go to Gravesend today you will see Lady Moody Triangle on Avenue U, dedicated to her memory and accomplishments. A house stands at 27 Neck Road.

This story should not be told without recognizing the effect that European colonization had on the Lenape people, who lived on the land where these settlements were made. *The Dutch colonists were met with friendship but tricked* the Lenape into "selling" their land. The Lenape culture had no concept of land "ownership" and thought they were agreeing to fishing rights. Instead, the Dutch waged war upon them and brought in settlers to keep the tribe from reclaiming their land. These actions, combined with the sickness the colonists brought, devastated the tribe,

and it disappeared from the area.

role she played in Gravesend history:

Sunday, March 10. 1:00-2:00pm, Gravesend Cemetery nycgovparks.org/(718) 421-2021





HEALTH AND SCIENCE

The Psychology of Valentine's Day From Endorphins to Aphrodite **Bv Jon Sosa**

alentine's Day holds a special place in our calendars, not just for the connection between partners, friends, and family, but also as an enduring tradition. Originating as a Roman festival to commemorate the coming of spring, fertility rites, and the union of men and women, it has evolved into a celebration of love. Today, secretive messages, known as floriography. This we celebrate by expressing affection and exchanging gifts such as flowers or chocolates. Perhaps you've experienced this day by giving or receiving gifts? But of flowers is one of the default gifts for Valentine's have you ever thought about the reasons behind the association of those presents with love? Join us as we delve into the psychological and historical aspects expresses grace and appreciation, yellow denotes that shape the tradition of Valentine's Day, exploring friendship and happiness, and white simply their impact on our well-being.

Imagine a world where green symbolized Valentine's Day, instead of red. Unlikely, right? The and Bird of Paradise, according to *The New York* choice of red, a color associated with expressing *Times*. Also, it is important to note that whether they can navigate the holiday with greater empathy and danger, as seen in traffic lights or stop signs, influences the way we perceive love. For some, the fear of being hurt in love is associated with danger, a gift releases dopamine. Moreover, the molecule which makes it more impactful. Delving into the science, in a study conducted by Elliot and Niesta (2008), it was relevant that when a woman ovulates. blood flow is enhanced and produces a red flush, which increases perceived attractiveness levels. Some arguments suggest that men are predisposed to interpret any display of red as a sexual signal, given the reddening of the skin and the increase in sexual arousal while ovulating.

The color red is common for this holiday, but when talking about gifts, chocolates are one of the a background in social work and clinical psychology, major available options. Delving into history, around 500 BC the Mayans, a Mesoamerican civilization, started the connection between chocolates and love dates. They ritualistically incorporated these every facet of society, from drugstores to social media "gifts of goods" in marriage ceremonies, according to History.com. Today, even where Valentine's Day is not celebrated around the globe, chocolates like the heart, is a symbol, with people attributing remain a favorite romantic gift option. Indeed, in North America, 58 million pounds of chocolate are bought to celebrate the tradition. Research has of thoughts that surrounds the holiday. "There are shown that flavonoids in chocolate may help to some people that reject Valentine's Day completely boost cognitive functions and enhance mood. In because they think it has religious foundations," fact, a moderate amount of chocolate may have a good emotional impact, according to the Kingstreet it's very materialistic." Despite these criticisms, she Chronicle. Chocolate stimulates the release of endorphins, which are the body's natural feel-good chemicals. Moreover, it contains phenylethylamine, a compound that mimics the feelings of falling in to disappointment," she said. "People sometimes love. Perhaps, unconsciously, this could explain why will say that they're going to get something from you give chocolate to someone special.

We cannot talk about Valentine's Day traditions without mentioning flowers. According to the Greek things.³ poet Anacreon, the white rose first appeared during the birth of Aphrodite, the goddess of love. It is from her blood that roses later became red. Eventually, in the Victorian era, roses became popular for sending expression was popular due to the unacceptance of secretive messages in this era. Currently, a bouquet Day. It is essential to know that each rose color has a different meaning. Red means passion, pink communicates innocence. Other flowers that have the same level of 'love' are Tulips, Orchids, Dahlias, are given or received, flowers can affect the good chemicals in our brains. In fact, the expectation of phenylethylamine gives roses their fragrance, which contains amino acids that slow the degradation of beta-endorphins, the hormones that make us feel happy and in love. So, let's be aware that both flowers and chocolates produce good effects in others.

People experience this holiday from different perspectives, so it is crucial to delve into the psychological aspects of Valentine's traditions. According to Dr. Susane Birne Stone, adjunct Professor at Kingsborough Community College, with Valentine's Day's significance extends beyond mere romantic gestures. She highlights the cultural omnipresence of the holiday, noting how it permeates platforms. "It's almost as if people are forced to have that meaning," she remarks. "Valentine's Day, feelings of worthiness and love to it.'

However, Dr. Stone acknowledges the division she explains, "while other people reject it because emphasizes the emotional impact the holiday can have, especially when expectations are involved. "We know that if people have an expectation, they're open somebody else, and if that gift or experience falls

short of what they want, then they feel all kinds of

Dr. Stone also emphasizes the importance of communication in managing expectations and avoiding disappointment. "Tell people in advance what you want," she advises. "People can't read your mind. What's meaningful to them may not be meaningful to vou." She underscores that this advice applies not only to couples, but to families and individuals of all ages, who may feel angry or insulated if their expectations are not met. "It goes bad if you're not clear," she adds, highlighting the potential for misunderstandings and hurt feelings.

In essence, Dr. Stone's insights share the complex interplay of emotions and expectations that define Valentine's Day for many individuals. By understanding the psychological factors at play, we clarity.

It becomes clear that Valentine's Day is not just a holiday to celebrate love, but a holiday that has cultural, scientific, and emotional factors. From the symbolism of red, to the ritual of gift-giving, this tradition has a different meaning for people, whether they celebrate it or not. Through the lens of psychology, we saw that the tradition involves expectations, communication issues, and emotional responses. By exploring some of the components that make up this holiday, we can see that it is not just Valentine's Day itself, but also what we bring to our relationships. So, the next time you celebrate this holiday, remember to appreciate symbolism and approach it with empathy and understanding.



INTERNSHIP CREDIT AVAILABLE

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COUNSELING



Let's face it, we are all dealing with tough times. We want you to know that the Counseling Center is there for you. You can speak with a counselor in the Counseling Center by calling 718-368-5975. At KCC our faculty and staff are making sure we are here for you all as much as we can be. Please do not hesitate to reach out!





on the developing mind.

information to memory.

handheld devices.

The correlation between a digitized upbringing and functional regression extends beyond Gen Z in academia. Managerial reports to Yahoo Finance on disengagement in the workforce, and Sudheer Kumar Muppala et al. documented decreased mental health in ages 19-24. The adulthood of digital natives serves as a harbinger for the consequences of technology on children, yet gives little assistance in navigating the developmental uncertainty of the now-emerging generation alpha.

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The Passive Parent and the iPad The Effects of Technology on Development

• en Z, the "Tiktok Generation," or, as author Marc Prensky calls us, "digital natives," born between 1997-2012, are now well into their college careers. This marks an unprecedented emergence of degreed adults who have never known a life without technology. As the first generation raised in the internet digital age, the growth of Gen Z proves fascinating to experts wishing to study the negative effects of technology

Evidence aside, many college students today complain about a lack of motivation and concentration, as well as being highly distractible and reliant on AI software to complete schoolwork. As reported in a 2015 Microsoft study, the Gen seconds, four seconds less than Millenials. The BBC is reporting that educators across a range of grade schools and college institutions are observing difficulties in textbook and lecture comprehension, with students unable to consolidate large chunks of

The culprit? A childhood's worth of exposure to the scrolls, tweets, and bursts of information on

Given the average age of Gen Z in 2023, attention must now shift to preventing the recreation of their functional difficulties in future generations. The young lives of those born between 2013-2025 are and problem solving at age 4. intrinsically linked to gratification culture and digital entertainment at a rate beyond even that seen pre-pandemic. The upbringing of gen alpha showcases a host of unprecedented environmental factors that compound the adverse technological

effects seen in Generation Z.

As such, guardian engagement is all the more crucial as children seek out growth online. There is a definitive lack of both technological control and genuine concern which allows for the subtle replacement of proactive parenting with digital babysitting.

Recognizing the consequences that passive parenting and contemporary media entertainment have on developing minds proves vital for curbing functional regression in future generations, the evidence of which already litters gen alpha's reading scores and socialization difficulties. Given the leniency of modern technology, young children - more than half of whom, according to a study Z attention span is limited to an average of eight by Charlie Health, own iPads – utilize voice-totext features to find a wide range of media across platforms, decreasing a reliance on spelling while increasing the scope of potentially harmful content.

Socialization, too, has been contextually updated to revolve around online gaming with friends, with mic'd Roblox replacing dress up and pretend in children as young as 4. For many gen alpha children, formative years spent learning to share and interact with peers were instead held on Zoom, and an era of no-contact means reported difficulties in "playing nice" and keeping "hands to ourselves.'

Furthermore, role models in the form of TikTok stars and Youtubers model algorithmicallyfavorable behavior that negates socially appropriate responses and outcomes, influencing the actions and opinions of children with no prior framework on which to compare. In a study conducted this year, the Journal of Pediatrics associated screen time from age 1 with increased delays in communication and problem solving; fine motor and social skills at age 2; and developmental delays in communication

Children of similar upbringings have been recorded across varying demographics as having issues with attention, sleep, frustration, anxiety and depression, as well as being less active physically and socially – both of which are crucial for proper

development. In a 2018 study by Trina Hinkley and Jennifer R. McCann, parents of generation alpha often regard screens as babysitters, tools for distraction and even tools for learning – with most also acknowledging the necessity of parent-child interaction in positive development. Citing the helpfulness and pacifying quality of media, these same parents allow for excessive technology usage while neglecting their obligation as guides to their children.

Generation alpha lacks a foundation of skills which leaves them emotionally dysregulated, attention-deficit and vulnerable to the internet, and as all Gen Z'ers learned as children, the internet is a scary place.

Passive parenting has a parasitic tie to technology. A baby sitter that can be transported in the palm of a hand keeps children distracted, but accounted for, and allows parents freedom for career, domestic and personal multitasking. Providing entertainment is less strenuous and expensive long term and can be catered to the likes of each child. But excessive screen time, especially as a substitute to parent-child interaction, proves detrimental to the development of young minds.

Given the infancy of the digital age, the unprecedented Covid-19 pandemic, decreasing attention-spans and ensuing media (de)evolution, it's difficult to predict how generation alpha will mature. But it can be inferred that there will be dramatic shifts in social behavior and cognitive processing, mental health and physical wellness, which will set generation alpha apart from even Gen Z.

It is crucial for parents and loved ones of the emerging generation to monitor screen usage during the formative years, while nurturing development as an active and engaged mentor. Without a parental figure, the digital babysitter becomes the teacher, the friend and the confidant before the utterance of a child's first word.

Technology has no warmth, no empathy and no moral compass on which to raise our children, and leaving generation alpha in internet daycare dooms them to fail before they've even begun.

Sociological Imagination The World Beyond You and Me

By Jon Sosa

hroughout our lives we face constant troubles, whether the cause be personal or public. If you fail your midterm or final because you did not study enough, or you did not show up for class, that would be a personal trouble — in which all decisions you take shape what you are going to get. On the other hand, issues such as poverty are public – they are linked to social structure.

The term sociological imagination refers to how what we need from other people shapes our lives. For example, think about your trip to Kingsborough. There are several transportation methods to get to campus – bus or train, for example. Therefore, the bus driver is someone important in your life because he or she is part of your day. We need the help of the whole society to achieve certain goals such as getting to campus.

Earning your degree is not only because of your effort, but the effort of many people who have surrounded you. For example, your family might be your first support. Whether they support you financially or emotionally, they are important in building your dreams and goals. Your teachers are important due to their impact on your education. Friends may be a great support in your academic journey and outside. Now think about the people who help you to achieve your goals. Do not forget the members of the cafeteria and the endless people that we could not mention – your advisors, faculty members, tutors, security members, clean members, etc.

As KCC sociology professor Avri Beard said, "sociology should be able to get students to link their own personal lives, and particularly their own personal troubles and trials to broader social phenomena. People tend to think, 'oh, thinking, '...wait. Maybe we have a huge problem

with structural unemployment in this country, right? So it's getting people to understand in this particularly individualistic country, that your personal issues are actually linked to broader social issues."

Scepter

This is just in our academic journey. Now imagine our daily routine. We depend on society to survive. As sociologist Jon Witt asserts in his book Soc, "in our everyday lives, we take for granted the structure that these relationships provide for us. We tend to not realize how dependent we are on others."

Witt explains this concept with the next question: "How hard can it be to make a hamburger from scratch?" In fact, the answer is almost impossible. First, you need to get a cow. Where will you get a cow? Are you going to buy it? Suppose you already bought it. How are you going to kill it? You need a knife, but guess what, you do not know how to make a knife. and we need from other people over and over.

You are an important part of society. Whether you participate in small or big actions, you are contributing to building the day of others. So do not forget those who always help to build your day.

"I service people, you know? Like college students, from there all the way to the end." Louis Garcia, 62, bus driver.

"So basically, what we do is customer service, whatever situation they have, we must help them. I'm an EMT as well so that we have for the people." Pierre Roddy, 44, campus police officer

"Well, I hope it impacts the students. Not all of them, of course, but I mean, I've taught thousands of students over the years," said Beard. "Some of the students I know, not all, but some of the students will walk out of the class a little it's my fault I can't find a job' as opposed to more empathetic, a little more understanding of other people, and a little bit kinder."



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/

Available at the KCC Bookstore!



Internships

Brooklyn Navy Yard Summer 2024 Internship Program BNYDC's Fall Internship Program connects collegeattending students to a wide range of paid internship opportunities with businesses within the Brooklyn Navy Yard. Over the course of an 8-week session, students will be connected to Brooklyn Navy Yard-based businesses and departments according to their future career interests, skill sets, and educational background. Pay Rate: \$16/hr. | DEADLINE: March 8, 2023

Cato Institute Internship Program

Are you trying to begin a career in policy, operation..., ... law? Do you want a rich education in contemporary policy issues—and the philosophical, historic, and economic underpinnings of those issues? A Cato internship might be right for you. All Cato interns attend the same intensive seminar series, which covers a broad range of history, philosophy, policy, and professional development topics. Interns also assist with events and occasionally help Cato staff with other day-to-day needs. Pay Rate: \$17hr. Academic Credit DEADLINE: March 10, 2024

The Port Authority of NY & NJ Summer Internship

The Port Authority of New York & New Jersey offers paid internships to students that provide the opportunity to work with knowledgeable and experienced professionals on assignments critical to operating, maintaining, and expanding the transportation infrastructure for one of the greatest economies in the world. Assignments include hands-on projects to cultivate technical, writing, communication, and team-building skills. Pay Rate: \$17.20-\$28.85 | DEADLINE: March 16, 2024

City Parks Foundation Coastal Classroom Intern City Parks Foundation (CPF) seeks a College Intern to assist Coastal Classroom Staff in providing instruction and guidance to middle school students and paid high school interns during Summer 2024 under the supervision of the Coastal Classroom Program Manager. The successful candidate will have a strong knowledge base in aquatic ecosystems and shoreline ecology as well as at least one year experience in delivering instruction to and working with adolescents in an educational setting.

Pay Rate: \$18-20/hr. | DEADLINE: April 5, 2024





By Lydia Chais

homeland.

The Navajo Indians are closely related to the Apache and are from the Southwest region of the United States, including Colorado, Utah, Arizona, and New Mexico. Their language is not easy to learn. Philip Johnston was a staff sergeant and son of missionaries in Arizona, who learned the Navajo language. He proposed the idea of using the language as a code that was unbreakable. This was not to be just the regular Navajo language. It had to be a code built within a code, needing fluent Navajo speakers who knew the code stationed at both ends of the radio transmission. A Navaio had to send the code and a Navajo had to receive it. And, although, these indigenous men were facing racism daily, their efforts helped to save millions of Americans during the Pacific conflict.

Scepter



Code Talkers America's Secret Weapon

Tt is World War II, and the United States is at war with the Empire of Japan. Unprovoked and without warning, the Empire had dealt a lethal blow to the United States at Pearl Harbor on December 7, 1941. Indignant and retaliatory, American military forces poured onto Japanese coastlines. Initially, Japanese intelligence had been able to break code after code of allied military data, giving them the upper hand. However, the introduction of a strange new code frustrated the Imperial army. This was a code they could not break. As additional American forces arrived safely, the conflict was starting to swing in favor of the allies. What was this secret weapon and who was behind it? Peter MacDonald was one of the first Code Talkers and served as a Corporal for the United States Marine Corps, 6th Marine Division. He recollects, "I was fifteen years old in 1944 (...) I lied about my age." What is less well known is that white people did not keep good records of births on reservations. Prior to the war, few Navajos left their reservations. That lax record keeping made it possible for MacDonald to join the war effort. When Pearl Harbor was attacked, many young Navajos approached Indian Reservation Superintendent E.M. Fryer. Males as young as twelve years old were enlisted in the armed forces. They were prepared to fight and carried their own firearms and ammunition, ready to defend their

MacDonald continued, "The United States was write down, "Send demolition team to field 362B." organizing to fight back in the Pacific - the Army, the Navy, and the United States Marines. The Pacific Ocean is a huge area, it takes days and weeks to go from point A to point B and the only means of communication in those days was radio, and you know how radio works. It's broadcast on a certain frequency so that the receiver can tune in to that frequency and listen in and that was what the Japanese were doing. They were writing down all the code messages that were being used by the United States and breaking those codes, so they knew what the plans were by the United States in the Pacific. ... Communication is very, very important in any war. In this case the Japanese had the advantage because they were smart. They were a very intelligent and determined enemy (...) The United States needed help badly with their communication and that's why they chose the Navajo language."

Twenty-nine young Navajos were selected and sent to boot camp. Then they were isolated from the rest of the Marines and tasked to create an unbreakable Navaio code. Not only were they to construct this code, but they were also to assure that not even the Navajo nation within their own reservations could understand this new language. a code built inside a code. On August 7, 1942, this elite squad was deployed to Australia to face their first attack. The first Marine division landed on Guadalcanal's beaches. This became the true testing ground for the new code. Following the successful use of the code, a victory was announced by General Alexander Vandegrift and more Code Talkers were sought by U.S. troops.

MacDonald explains how effective the code had become: "A company of soldiers had been in serious trouble and were being fired upon by the enemy in three different directions. They had no cover and were being killed off like sitting ducks in a gallery. They needed immediate assistance, lives depended on fast delivery." The Talkers' response was immediate. "Sheep, eyes, nose, ear, destroyers, (...) mouse, turkey, onion, sick horse, three six two. air." This distress code was sent to the receiver at the beach command post, who would immediately We thank them for their service.

Transmitting the Navajo code barely took twenty seconds. The supposedly superior regular coding system that the United States had at the time would have taken thirty-five minutes to deliver the same message. The soldiers being picked off did not have thirty-five minutes, were trapped in a trap, and facing death.

By 1945, 430 Code Talkers had been added with over 200 additional codes. The battleground was now set in Bonea, Iwo Jima, Sai Pan, Leyt Gulf, Peleliu, Bougainville, and the Philippines. There were always two communication lines, the Navajo serving at the front lines relaving signals to the receivers. The code was fast, reliable, and uncrackable. Only the ones that understood the language could decipher it. Victory after victory came next.

After the war, MacDonald, finished high school, earned an electrical engineering degree from the University of Oklahoma, worked for Hughes Aircraft Corporation, and eventually became a Polaris missile program executive. He was elected Tribal Chairman of the Navajo Tribal Council on January 5, 1971. MacDonald concluded: "This usage of the Navajo code is a legacy of America in World War II. It's America's legacy as well. What we did represents what America is all about. America is comprised of different talents, nationalities, and different languages. And when our way of life in America is threatened from the outside, we all come together as one and defend this great country of ours (...) defend its liberty that we all enjoy. We defend it so my children, my grandchildren, their children (...) and what America's children need to know to protect their freedom. America's legacy needs to tell the story on how America defends liberty and freedom." Some may say that America is a racist and divided country; however, when a crisis comes our way, Americans unite as one people to meet the challenge.

Only three of the original Code Talkers remain: John Kinsel Sr., 101; Thomas H. Begay, 98; and Peter MacDonald, 94. Nevertheless, the legacy and spirit of these military heroes live on, and they will continue to inspire Americans far into the future.

ENTERTAINMENT

Videodrome A Cautionary Tale

By Doha Omer (review contains spoilers)



avid Cronenberg's 1983 Videodrome is a science fiction exploration of the dangers of unchecked media consumption. The film follows Max Renn, played by James Woods, a civic television producer, who discovers an underground cable channel called Videodrome. Characterized by vulgarity and a propensity toward graphic violence, Videodrome is unlike anything Max has ever seen, and he cannot help but be compelled by the atrocities on screen.

But why exactly is he so drawn to these things? Is it a catharsis? Or has the media driven his need for pleasure to insurmountable heights, an insatiable desire for entertainment, no matter the cost? An associate warns Max to stay away from Videodrome, and not become a political pawn, face the fact that his best friend is working for but its hypnotizing effects prove to be irresistible. Even his lover Nicki, played by singer Debbie Harry, bonds with him over their mutual love of Videodrome. Niki decides to audition for a part but disappears soon after landing the role, and is only found again on screen.

As Max continues viewing the program, it begins wreaking havoc on his life in the real world. He starts to hallucinate visions through screens, and frequently mistakes people for others. His Barry's orders Max targets his colleagues at the

connection with reality weakens with his latenight indulgences, but still, he will not relent. He seeks out a philosopher named Brian William, one of the creators of the program, and discovers the videos he left behind. The videos explore the idea that television is the future and will forever change human history and how people interact with the world. Trying to track William down Max instead encounters his daughter, Bianca, who tells him that she must carry out her father's ideals. It is revealed that William was killed by his own creation when he attempted to stop its use for evil purposes. His intention had been to incite hallucinations, which he believed to be a higher tool to perceive reality.

Max seeks out the current creators, but must Videodrome, along with the secret producer behind it all, Barry. It is revealed that the true purpose of Videodrome is to insert brain tumors into those brave, or stupid, enough to view this nightly show's violence as a means of entertainment. Max is effectively backed into a corner and brainwashed by Barry and later Bianca. Eventually he snaps and goes on a killing spree, complete with elements of body horror and a show of victim mutilation. On

civic television station. This all culminates in his eventual suicide at the urging of Nicki through the Videodrome screen. But first, he must watch himself commit the act on the television screen, urging himself to embrace the so called "new flesh.'

Overall, Videodrome serves as a cautionary tale to those overly invested in gruesome forms of entertainment. When we see how Max's mental state deteriorates due to the influence of the program, it is not hard to understand why one might object to displays of excessive violence. The implantation of brain tumors through viewing Videodrome illustrates the idea that our minds and brains serve as a reflection of all that we allow ourselves to consume. It is difficult for the human brain to distinguish between fabrication and reality and the themes discussed in the film are more relevant now than ever. The age of the internet has successfully spearheaded a blend of reality and entertainment, with "social media personalities" being a prime example. In brief, I find Croneberg's Videodrome to be ahead of its time in both commentary and special effects. Unfortunately, I can say with confidence that if it were a real program today, there would be no shortage of viewers.



By Joe Bucci

Patching the highest level of any game can be inspiring, but your first few games in ranked can be equally discouraging. If you want to step out of your comfort zone, or even improve at a game that you've been playing casually, try these 10 tips to improve at any competitive game.

10. Understand your goals - With anything, what you get out is going to be proportional to what you put in. It's important to understand the scope of your ambition, and if you have the time and interest to match it. Do you want to beat your friends? That might take a few hours of practice. But if you want to win some sets in a tournament, win your locals, or even place at a regional or national level event, that to reflect on what you are doing in as objective a way could take years of dedication.

goals.

Additionally, casters will begin to introduce you to advanced techniques and concepts necessary for competing at the next level.

8. Do your research - As you watch high-level gameplay, you will undoubtedly hear unfamiliar jargon. What is a gank in League of Legends? What is holding an angle in Valorant?

In the current age of the internet, everything has a wiki; the only thing between you and that knowledge is a Google search. Everything from suggested item builds in a MOBA to optimized sets in Pokemon exists for you to learn from. But be cognizant that some information will be wrong, and it is up to you to critically consume and assess all advice.

7. Analogize - In addition to cold hard data. sites will also bring up unfamiliar concepts. However, people get caught up in the easy rush of beating new nothing in life is so specialized that it cannot be applied across multiple disciplines. Try to make new concepts work in the context of

what you already know. In tic tac toe, you want to control the center because it gives you the most freedom in subsequent choices. It works the exact same way in chess and even in fighting games. From sports, school and repetition builds your confidence, while giving or other hobbies, there are plenty of ways to make new information digestible and applicable.

6. Practice effectively - One of the biggest wastes when it comes to competitive gaming is inefficient practice. People will just mindlessly play a game for hours and call it practice. You also can't just go into training mode and beat up a dummy.





9. Watch competitive gameplay - Along with your ambition, it is useful to visualize something ingame to aspire to. Find players who excite you.

Maybe you're a fan of strategic-minded Dota 2 support players like Puppey, or maybe Moky's Melee fox combos make you jump out of your chair; having

Have a goal when you practice. At the earliest stages it can be something simple – maybe hit one there will be specific challenges that stump you in the heat of battle, but training and practice modes let you assess those same situations at your own pace. King of Fighters XV Kyo has powerful mix-ups with his special

moves, but a lot of characters can punish guaranteed gaps with a little bit of meter; you just need to test what works for you.

Practice also does not need to be a solitary experience. You can also practice effectively while playing with other people. This usually takes the form of understanding the strong points of your opponent's character, deck or strategy, and then consciously trying to counter it. This may require doing specific research or finding the solution in training mode first. In the same Kyo example: every time your opponent gives you one of those gaps you learned about, make sure you punish it with an invincible EX move.

5. Watch your own gameplay - It is necessary as possible. We can get so caught up in our own ego or just the flow of a game that we overlook habitual mistakes that we know are wrong. Most online games have some sort of replay feature, and you should make use of it. The bird's eye view lets you more easily pick up on your bad habits or situations that give you difficulty, so that you can take those back to the lab.

Everyone knows that, in a MOBA, you should a role model to emulate lets you focus your short-term try to trade with the opposing laner when they burn cooldowns on a wave, but do you actually? When you watch your games, you might be surprised at how unnecessarily generous you are to your opponents.

> **4.** Engage with the community - One brick does not make a house. If you want to compete in any multiplayer game, you will need to engage with the community at some point. In the best cases, you can make lifelong friends and rivals who keep you coming back, sort of like a gym partner. However, even in the not-so-good cases, more experienced players can be flush with advice, and are often willing to share.

Melee players made fun of HungryBox's annoying style for years, but it's effective. Engaging with different perspectives about strategies and concepts can also open you to new ways of playing.

3. Play against a variety of skill levels - Sometimes players, and sometimes mid-level players get obsessed with playing only the best. It's important to play people from a good range of skill levels, because each matchup lets you practice something differently.

Playing against players worse than you lets you hone your strategy. The low pressure environment you opportunities to clean up any loose ends your opponent might be letting by. Challenging players better than you opens you up to new strategies and situations that you may never have considered. Sometimes it can feel like you're just being outclassed, but if you watch your own gameplay, you might pick up on some new situations your opponent was abusing that you were completely oblivious to.

Lastly, playing players at your own level forces you to adapt to equally competent strategies while testing combo 10 times in a row. As you progress, however, your own. Here, games feel the most competitive, and it's important to know how to perform with the adrenaline that comes with close games.

2. Push your comfort zone - Try new things. After

engaging with other players, you will realize that there are a lot more perspectives on any game than just your own. Trying out play styles other than the one you are most comfortable with lets you build a more holistic view: it also lets you get into the headspace of someone else so that you know what to look for while playing against them.

This is very common advice in card games especially. In Yu-Gi-Oh!, combo decks like drytron seem unstoppable, but if you try playing a few games with the deck, you will start to see how other people play against it and what resources the deck depends

7. Reframe - The most important part of getting better at anything is the psychological aspect. You will lose, and it will hurt. You can also get burnt out from playing too much. Reframing all of this as small steps towards your ultimate goal helps to mellow out the most upsetting parts of competition.

Your loss isn't just a loss if it taught you about a bad habit you have. Even getting whooped in a tournament can be seen as a way of building up experience in stressful situations. Reframing and refocusing on specific aspects of play also keeps the game fresh – there is always much more to learn.



Mental and Physical Health Resources Crisis Text Line

Free, 24/7, Confidential Crisis Support TEXT CUNY TO 741741

In crisis? Text CUNY to 741741

CUNY students can text CUNY to 741741 to connect with a trained crisis counselor 24/7. Through its partnership with Crisis Text Line, CUNY will help students in crisis manage difficult situations and connect to mental health resources, both on and off campus. If you are a CUNY student who is feeling stressed, depressed, or anxious, text CUNY to 741741 to connect with a trained crisis counselor 24/7. Share with your friends and classmates who might be interested in using this resource!

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- -Emergency Health Care
- -Health Consultations
- -Health Referrals
- -Immunization Clinics MMR, Tdap,
 - Hep B, Flu
- -TST by Appointment
- -Pregnancy Testing
- -MMR Record File
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- -Health Education
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Appointments are required to obtain the free vaccines offered in our office. For (Hep B, Flu, MMR, and T-dap) vaccines, please call 718-368-5684 or email Health.Center@kbcc.cuny.edu to schedule an appointment

To reach a counselor, call 718-368-5975 or email Counselingandhealth.Services@kbcc.cuny.edu

"Ask Us" at Scepter

How is your mood and mental wellbeing? Seeking anonymous advice on complex social or emotional scenarios from peers with lived experience? Scepter is implementing an "Ask Us" segment to answer any mental-health adjacent questions you may have. Depending on the request, we may provide evidence and research based advice, or offer personal anecdotes to help you feel supported and informed. No submission is too simple, and anonymity is 100% guaranteed. Email your question and a pseudonym/preferred name to scarlet.levino1@students.kbcc.cuny.edu, or submit to the anonymous survey by scanning the QR code:

