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THE BROOKLYN COLLEGE

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Monday, May 20th

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Cover by Tony Lipka
Photos by Mousa (@fixbymoe)

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Abrahams and Farhin Win USG Election to Become Prez and Vice Prez

By Shlomie Katash
News Editor

The Undergraduate Student Government (USG) elections concluded on April 5 with Noam Abrahams winning for President and Nitu Farhin winning for Vice President.

Both Abrahams and Farhin currently have careers in USG. Abrahams, a junior, has been part of student government since 2022, holding the positions of Assistant Treasurer and Treasurer. Farhin joined USG in fall of 2023, serving as USG's Liaison and then Press Director. To the president elects, the previous work under USG has laid the groundwork for what they hope to accomplish in their presidency in the future.

"Over the past year, USG's done a ton of work around campus that flew mostly under the radar. I think that the work of last year's cabinet, and years before that, have set the foundation for all the work we're going to do moving forward," Abrahams told The Vanguard.

With both having prior experience, they told The Vanguard that their decision to run on the same ticket was due to their similar work ethic.

"We've had great experience working side by side on the Cabinet this past year. We know each other's strengths, share the same goals for the campus, and really trust each other," Abrahams said. "Our teamwork has always been really strong, and we're excited to bring that energy to student government to make a real difference at Brooklyn College."

Many of those goals for



Abrahams and Farhin centered around making the student government more effective and visible to the student body.

"The main issues we were campaigning on include being more transparent about work as USG, attempting to connect more with our student body in terms of making existing college resources more accessible, and utilizing our current USG system," Farhin told The Vanguard. "As USG, we are always working to make sure that we represent the students in our student body even though this may seem more 'backstage' than we would like for it to. Moving forward, we're hoping to keep an open, ongoing dialogue of the work we do and intend to do."

Among the specific goals that they plan to do is to make sure there are enough food options for students on campus after the cafeteria's shutdown. Additionally, one of the issues that Abrahams and Farhin plan on focusing on is to remove

defunct course listings that mislead students concerning the available class options for them.

"One of our biggest points of student advocacy next year is to focus on working with faculty and departments to remove listings of courses that haven't been offered in years, making sure they aren't making false promises to students, and update their degree maps to make sure that students aren't missing the courses they need to graduate," said Abrahams.

In addition to the President and Vice President, students also voted in USG senators for the upcoming year. The winning senators are as follows: Yafa Abulawi, Muhammad Ali, Dana Babayev, Alleyah Charlton, Joshua Ebbin, Robert Echevarria, Haikeda Hilliman, Naomi Hymowitz, Taseen Islam, Moshe Janani, Abigail Khanis, Haritha Lakshmanan, Sofia Mariyamis, Gabriela Nieves, Cyle Paul, Ailyn Paz, Iman Siddiqui,

Damir Shavkatov, Ajadah Simms, Melanie Tam, and Carmine Tepedino. Abrahams and Farhin are looking forward to working with the rest of the student government leaders as they embark on their own leadership journeys.

"Working with the rest of the USG leaders will be no easy feat; there's thankfully so many of us. Frequent communication and 'staying in the loop' will be very important for us to make sure that our goals are aligned and steadily progressing in the timeline that we hope," said Farhin.

Abrahams and Farhin hope to continue to make waves with USG throughout BC, ensuring that all students have a fulfilling, and fun, time at school.

"Post-Covid, Brooklyn College had to learn what USG was," said Abrahams. "Now it's time for them to learn what USG can do."

BC's Health Clinic Director Retires After 30 Years of Service

By T'Neil Gooden
Features Editor

Brooklyn College's Health Director of 30 years, Ilene Tannenbaum, will be retiring at the end of the spring semester, marking an end to a career of helping BC students with all of their health needs.

Tannenbaum had fulfilled her dream opportunity by running a clinic wherein patients were treated with nothing but kindness and virtue during their time at college as they grew into their journeys of health and wellness.

"I have always said the goal is to 'see people well,' whatever that takes. If the practitioner and the patient need an hour, that's fine; if the patient needs or wants to return the next day or the following week, there is a disincentive inhibiting their ability to do so," Tannenbaum told The Vanguard.

Tannenbaum has been interested in the field of healthcare since she was in her early 20s. Tannenbaum started her career as a health writer and advocate with a published guide on women's health that focused on the impact of HIV on women. This led her to pursue a degree in nursing, where she was able to gain her love and admiration for helping people connect with their health. Before becoming the Director of the Health Clinic at BC, Ms. Tannenbaum began as a nurse practitioner (NP) at Gouverneur Hospital.

"I quickly found how satisfying it is to provide patient care and became a nurse practitioner to have the best of both worlds," Tannenbaum told The Vanguard.

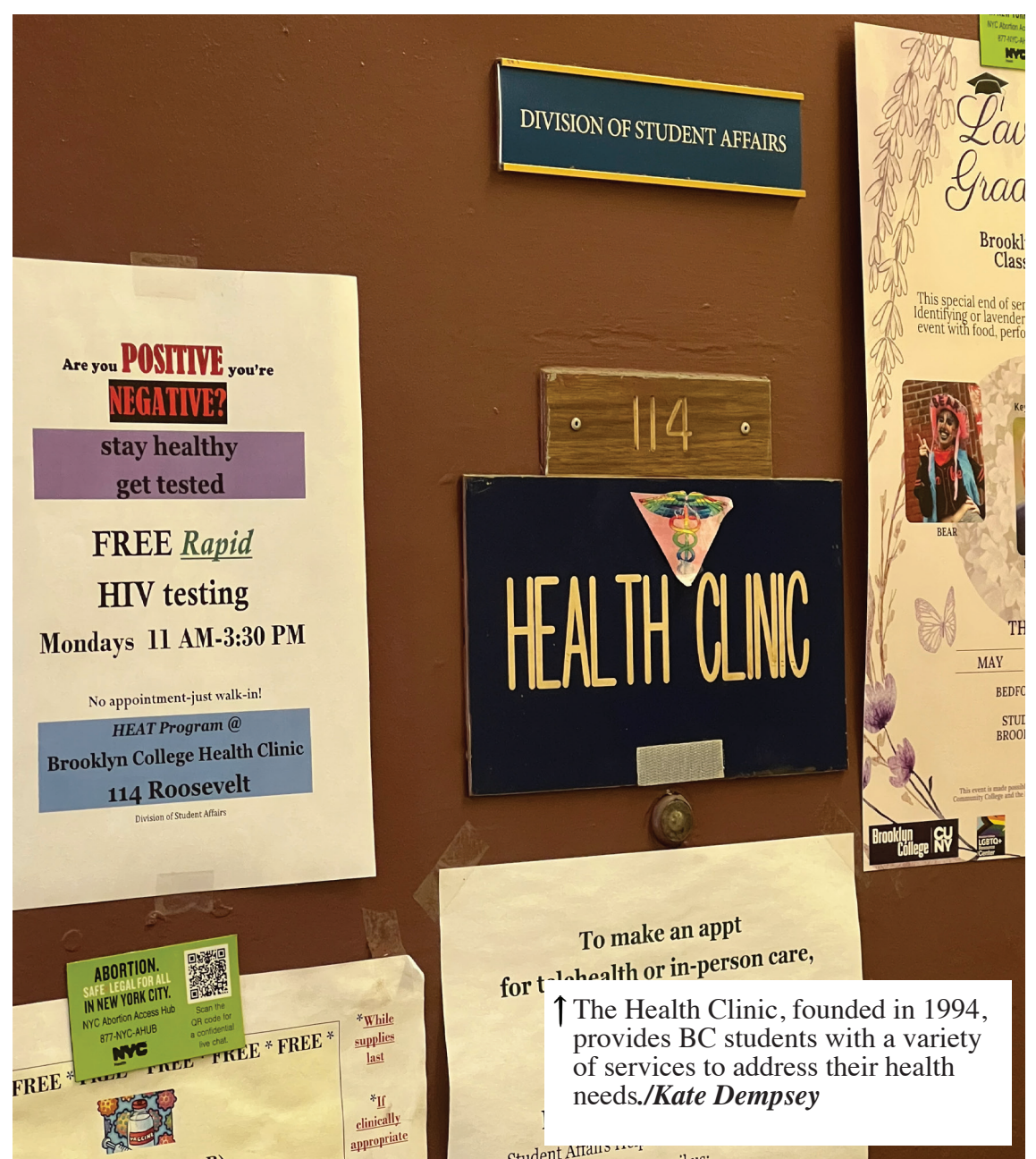
"I enjoy being able to evaluate, order, and interpret tests, diagnose, and prescribe treatments [...] while seeing the patient from a nursing perspective which takes into account the whole person, focused on health promotion and disease prevention."

Her tenure at the hospital fostered not only her skills as a nurse but also her belief that every patient deserves to be treated as an individual and not just as another patient.

"Among the most valuable skills I acquired from the NP [Nurse Practitioner] program is to be able to provide care with the consideration of patients as partners in all healthcare decisions," Tannenbaum told The Vanguard. "Rather than only looking at an individual from a clinical perspective, care is inclusive of one's emotional, social, and financial needs, cultural backgrounds, and behavioral preferences."

After being a nurse at Gouverneur Hospital, she was recruited in 1990 as a clinical researcher for SUNY-Downstate for the National Institutes of Health (NIH) and Centers for Disease Control and Prevention (CDC) where she focused on studying HIV transmissions from mother to child. With these services, Tannenbaum was able to build her skills in taking care of people who need attention in the health field within colleges and clinics.

After working with the NIH and the CDC, Ms. Tannenbaum started her career at BC. Raised in the NYC area, she wanted to give back to the community that she was from. The beginnings



of the clinic were at first sparse, but soon grew to become a coordinated team.

"We started off as a team of only 4 members: the two individuals I mentioned [Launa Smith, clinic coordinator] and Gary Giardina [physician assistant], along with an office manager and myself," Tannenbaum told The Vanguard. "Launa Smith was originally our receptionist and has since grown into the role of clinic coordinator. To address student needs, over the years we added another PA and NP for primary care, a case manager to address social service needs, and a psychiatric NP."

Some of the services that the clinic provides for students are evaluations and treatment for most illnesses and common medical conditions. This includes asthma, skin conditions, high blood pressure, anxiety, and

many more. The clinic also provides wellness check-ups and physical exams, gynecological care, immunizations—which include free and/or low-cost vaccinations—and guidance on promoting health and wellness.

The clinic was established in 1994 and has been running to benefit the health services students need from within the walls of BC. However, as the years have continued the budgeting has continued to fall, leading Ms. Tannenbaum to make her final decision.

"My main concern as I prepare to leave is that Brooklyn College honors the three-decade-long commitment to providing high-quality, affordable, accessible, and comprehensive health care for our students," Tannenbaum said. "Indeed, my upcoming departure may present an opportunity for

committed members of the campus community to come together to explore creative and sustainable ways to ensure students receive the services they need."

Tannenbaum has left a legacy for BC and continues to have hope that the Health Clinic will be there for BC students' needs.

"The most important part of my job for me has always been taking care of students," Tannenbaum said. "I will always care about the clinic and the College, especially its students."

For students needing health assistance from the Health Clinic at BC, they can stop by Room 114 in Roosevelt Hall on Mondays, Tuesdays, and Thursdays from 10 a.m. to 6 p.m. and Wednesdays from 10 a.m. to 7 p.m.





Vangirls es♡



meetings!



CUNY * WOMEN'S HISTORY!



Rami Mansi

Amira Turner

FIT SYMPOSIUM



Osman Aman



Vinny The Vangoat

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Coloring the World Blue: A Review of Blue Man Group's Show

By Jaida Dent
Staff Writer

If you want suggestions on an entertaining show to attend in New York City, the last thing you may want to hear is a group of three men donning blue paint, playing rock music, and shoving an unhealthy amount of marshmallows in their mouths. Yet, something about this peculiar and almost unexplainable show continues to draw audiences through its doors. Blue Man Group is an exciting show and stands in a league of its own compared to other productions in New York City and around the world.

The show combines art, technology, and music into a single show that keeps the audience on their toes. Its foundations date back to the late 1980s, when a public demonstration in Manhattan of several blue people proclaiming “The 80s are over” was featured on MTV. This group of blue men was found to be the brainchild of Chris Wink, Matt Goldman, and Phil Stanton. This “funeral” was born out of the trio’s disappointment with the decade. The goal of that demonstration and the group as a whole is to bring

forth new creativity that was represented in the media at that time.

The production has now become synonymous with its over three-decade residency at Astor Place Theatre, but also holds shows in Boston, Chicago, and Las Vegas. While the show utilizes intense strobe lights and heavy music, they will offer a sensory-friendly show in October to accommodate individuals who may not be available to attend a normal viewing.

The show always features a group of three blue men who never actually speak during the show. They remain mute and utilize their facial expressions and body language to convey what is occurring in the scene. The non-verbal communication conducted by the blue men is a great aspect of this show because it makes the audience constantly rethink what is happening and what they should take away.

For what the show lacks in dialogue, it makes up for it with incredible audience interaction. The blue men often have intense eye contact with the audience, especially when the crowd laughs at what they are seeing. These looks often convey confusion as they



↑ Blue Man Group closing out the show./Jaida Dent

are not only shocked by the audience but also by the props they are using on stage. For instance, the men had unknowingly placed an online order with Captain Crunch for the first time. You can tell that the technology was something that they never encountered, evident on their faces.

Crowd participation was another highlight of the show. Being in Astor Place Theatre creates a sense of intimacy between the performers and the audience. In larger productions, you would see the performers casually stepping into the crowd. Yet here, the Blue Men

actually climbed through the audience members’ seats and the balcony to be one with the audience. They also searched the audience and chose participants to be a part of the act.

The first audience member they brought to the stage joined the trio for a meal of Twinkies. The participants wore vests that had holes in it where Twinkie “mush” came out and flooded the table. The blue men were shocked by this and began to consume it, much to the crowd’s shock. The participant was rewarded with a Chinese takeout container of Twinkie goo.

The second audience member was given a yellow painter’s suit and face guard to protect themselves from being sprayed with paint. They were placed on a large canvas and used as a human outline as the blue men created art with a flurry of colors.

Aside from all of these components, another highlight of the show was the music. The blue men were constantly playing drums to a rock beat accompanied by a live band that played throughout the show. At several points, they covered the drums in liquid paint which created a

beautiful vision of colors as they played. They also used PVC pipes as a drum and with a variety of different movements would create various sounds using the same material.

In addition to the music and visuals, the effortless comedy brings it all together. If you arrive at the show late, the blue men will stop what they are doing and stare at you as a man sings a song calling you out for being late. A cameraman also comes out to record you and displays it on the screen for the crowd to see.

This is a show that you need to see at least once. Not only because it is an unusual and mesmerizing experience, but it is ultimately thought-provoking. There are no expectations you could have coming into the show, and if you did have one, it would be shattered by the time you left. As a viewer, you’re left with questions about what you just saw, but you’re still satisfied with your experience. This show is entertaining, mind-bending, and completely worth seeing.



↑ Blue Man Group playing paint drums./Jaida Dent

Desi Culture Club Hosts “Desi Night” Celebration

By Emmad Kashmiri
Digital Editor

On Friday, May 10, Brooklyn College’s Desi Culture Club (DCC) hosted its annual “Desi Night.” The event aimed to celebrate South Asian culture and bring forth a sense of community, an inclusive event that saw a turnout of students from many different backgrounds.

“Desi” is a broad term that highlights the traditions of South Asian countries like Pakistan, India, Bangladesh, and Nepal, among many others. Alana Abraham, co-president of the Desi Culture Club, explained that although the diaspora is large, it is made up of individual cultures.

“Desi Culture is a loose term to describe the culture of the people of South Asia,” said Abraham. “Anyone willing to try our amazing food, dress in vibrant sarees and lehengas, and just have a good time is welcome to be part of our community.”

The audience was treated to a mix of traditional Desi performances, which included Bollywood dance routines and classical vocal performances, and each song showcased a different side of Desi culture.

“We had songs playing in Hindi, Punjabi, and Tamil, among other languages,” said Rishab Gera, co-president of DCC. “Desi night is a celebration of our diverse culture, bringing everyone together for a fun night.”



Joan Joseph, social media manager of DCC, highlighted that the goal of the event was to make sure it was inclusive for all BC students. “All the events we do aim to promote South Asian culture at Brooklyn College. Our events are open to all students, regardless of race or religious beliefs. We embrace the Desi community’s value of inclusivity and love for all,” she said.

DCC prides itself on creating a safe space for South Asian students to celebrate their heritage. For many, this sense of belonging is crucial, especially when they are far from their native countries.

“Desi Culture Club is crucial for students like me who leave home for college to celebrate their tradition and be proud of their heritage in a

new and unfamiliar environment,” Joseph said. “It creates a safe space that many South Asian students in America don’t have outside their homes.”

Performers like Disha Prangon, who has participated in Desi Night for three years now, spoke about the importance of performing traditional dance for the whole community.

“Performing at the Desi Event allows me to express myself creatively and connect with my community in a meaningful way,” she said. “It’s incredibly fulfilling to be part of a tradition that celebrates our heritage and brings people together.”

Additionally, Desi Night was a means for students to enjoy the festivities as they head into finals season. “It’s a chance to relax, enjoy yourself with friends,

and get reenergized before finals week becomes very intense,” said Prangon.

In addition to the main performances, the event featured a variety of traditional South Asian foods. Attendees could try butter chicken, gol gappe, samosas, naan. “Food is a big part of our culture, and sharing it with others is a way to bring people together,” said Gera.

The night also included an open dance floor, where students could dance to popular Desi music like “Chammak Challo,” “O Saki Saki,” and “Amplifier.” This segment of the event had everyone pumped up, as students of all backgrounds joined in dancing and celebrating together.

“Desi Night was about broadening the sense of community

for South Asian individuals at Brooklyn College,” said Gera. “It gave people a night to connect with each other and celebrate their heritage.”

Brooklyn College became a vibrant hub of South Asian culture, leaving attendees with unforgettable memories, new friends, and a deeper appreciation for the traditions of the Desi community. Even though the Desi community still faces hardships across the globe, the community continues to be there for one another.

“The Desi community is pretty resilient. We’ve gone through a lot and still have brothers and sisters across the globe going through so much today,” said Abraham. “But we’ve remained resilient and a tight-knit community.”

The 2024 Bulldog Awards

Hosted on May 13 by the Graduate Student Government, Undergraduate Student Government, Activities Involvement and Leadership



Ihtsham Chaudhry,
Undergraduate Student of the Year



Graduate Student Club/
Organization of the Year



Wisdom Obadofin, Student Club/
Organization President of the Year



Hillel Club, Undergraduate
Club/Organization of the Year



Motti Lev,
Athlete of the Year



BC Classical Society, New Undergraduate
Student Club/Organization of the Year



Dr. Myles Bassell, Graduate Student
Organization Graduate Professor of
the Year Award



C.H.A.I. - Blood Drive,
Program of the Year



Michael Martinez,
Graduate Student of the Year



Damir S.
Volunteer of the Year



Alpha Epsilon Pi Fraternity, Greek
Lettered Organization of the Year



Naomi Hymowitz,
Emerging Leader of the Year



Muslims Giving
Community Service of the Year

Achievement Awards!

Student Government,
, and the Student
Center.



Undergraduate Student
Organization of the Year



havkatov,
of the Year



Giving Back,
Service Award



Jesus Perez, Undergraduate Student
Government Exceptional Support Award



Cynthia Leung,
Global Citizen of the Year



Sofia Mariyamis,
Student Leader of the Year



New Graduate Student Club/
Organization of the Year



Bangladesh Student Association,
Club Leadership Award



Muslim Student Association,
Treasurer's Award



Darla Moise,
Shirley Chisholm Award



Ariel Homayoonfar,
Outstanding Graduating Senior



Robert Echevarria,
Bulldog Spirit Award



Women's Basketball Team,
Athletic Team of the Year

Farewell From Shlomie Katash, Vanguard's News Editor

By Shlomie Katash
News Editor

After four incredible semesters at The Brooklyn College Vanguard, and two as its News Editor, this will officially be my final issue. Watching The Vanguard flourish over the past year and a half has been an immense privilege. I have learned so much here—about writing, leadership, teamwork, and more—and for that I will always be grateful to this paper and everyone I have met along the way. I cannot wait to see this community continue to thrive!

I fondly remember the first story I wrote for The Vanguard. I remember submitting it, feeling very proud of the work I had done—until I saw the comments a little while later. Readers, I got butchered. I stared at the page in horror. The comments, the suggestions, the deletions—I couldn't even see what I originally wrote!

Turns out, that was probably the best thing that could have happened to me. The editor-in-chief at the time, Gabriela Flores, asked me to come into the Roosevelt office to...talk. I was



a little nervous. But once I got there, my entire perspective on journalism changed. There, Gabriela taught me how to actually write like a journalist. I had never realized it before but the structure, the rhythm, of a journalistic article is completely unique—it makes sense when you think about it!

My article did not make it in the end, but I am forever grateful for the lesson Gabriela gave me. She allowed me and gave me the tools to come back better, to continue growing as a writer, and to eventually become News Editor, one of my absolute favorite jobs I have ever had.

For whatever reason, I am a news freak. I love reading

stories about the latest political and social developments in our world, and I love writing about them. The chance to do that every week, to delve into a new topic and attempt to fully understand and communicate it, and to learn and to help others learn about our community has been priceless.

I will carry the skills I honed here for the rest of my life, but none of them compare to the opportunity to work in a team and forge a bond with my fellow editors, most notably Serin Sarsour, Kate Dempsey, and Paulina Gajewski, and all the writers. Thank you all and thank you to The Vanguard.

To the readers,

thank you for taking an interest. I've accidentally managed to catch a few people reading my articles over the years, and I can only hope they, and anyone else who has read any article of ours, have enjoyed and learned something from it. I have always tried to be as thorough and accurate as possible, and I hope that comes across. Thankfully for you all, though, the way those goals transform into a tendency to over explain each detail has been curbed by my editors! They have truly made me a better writer, and I hope you continue to enjoy the pieces they put out.

Working at The Vanguard has been

one of the most gratifying and fun experiences of my professional life thus far, and I hate to say goodbye. All good things must come to an end, but I know the greatness of this paper will continue into next semester and long beyond! I am excited to watch it from afar. So, one last time: thank you to all the staff who make this possible, thank you to my coworkers who gave me the chance, and thank you to the Brooklyn College community for making a place I am proud to call home!



Farewell From Kaylin Guzman, Vanguard's Layout Editor

By Kaylin Guzman
Layout Editor

Farewell again, lol. I am saying goodbye to The Vanguard once again. I had previously served as the photo editor for The Vanguard, creating some cover images and covering important events around campus. After taking a small break, I was asked to come back. But this time it's final. No turning back. However, I want to express my sincere pleasure of having served as a layout editor this semester. It was a pleasure to return to The Vanguard for my final year at Brooklyn College.

During this final year, I have been able to experience many important events on campus. Protests hosted by classmates expressing their disappointment in a system that does not listen to them showed me the courage and bravery many possess on campus, to the quad was filled with students marveling at the amazing eclipse that was visible on campus, and educational conversations that have opened my mind to new interpretations of what life can be in the future.



Experiencing ups and downs during my college experience was something I expected. Nothing is what you expect. Every expectation I had was built from movies I enjoyed as a child. There was no antagonizing character trying to make my life impossible. I was able to build a great community of friends during my time here. With the help of T.S. Richards, Alexandria Woolfe, Jessica Lowery, Daniel DiDonna, Josh Narisma, and many more, I was able to make extraordinary memories.

WBCR has introduced me to people I will always hold dear to my heart. I have been able to collaborate with amazing

creatives through WBCR. Watching people start shows from scratch and take it to new heights has been amazing.

I would also like to give a shout-out to Brie Underwood. They took time out of their day to show me the ropes of InDesign, a program I had never used before. I would also like to shout out Kate Dempsey and Paulina Gajewski, as working alongside them has been a rewarding experience. Although I was able to create visually pleasing layouts, it wouldn't have been possible without the articles of everyone who contributed to the Vanguard this semester.

Reflecting on the layouts I created this semester has

been interesting. I learned how to use a whole new program, make some new design choices, and discover a new way of expression. When Kate approached me to fill this role, I felt unprepared and unskilled. My first layout had so many edits I was scared! I didn't think I had what it took to make these pages look good. With time I was able to make the pages look presentable. Then I moved to making the pages look more creative and eye-catching. With each creative decision I took, everyone at The Vanguard became excited. I want to express my gratitude for the trust that was placed in me to create the visuals for the newspaper this

semester.

I would encourage everyone to join a club or organization that interests them. You can make lifelong friends and learn new skills. Everything that has been leading up to my graduation has paid off tremendously.

Lastly, I would like to thank everyone at the Television, Radio, and Emerging Media Department for helping me throughout my college career. Dr. MJ Robinson, Professor Irina Patkanian, Professor Irene Sosa, Professor Brain Dunphy, Elena Donaldson, and Micheal Mannino have all been amazing contributors to my time in the department. Thank you all for everything.

Farewell From Sean Markisic, Vanguard's Sports Editor

By Sean Markisic
Sports Editor

What a wild semester year it has been covering sports at The Vanguard. Between writing professional sports and BC sports, I have had the honor to express my love and appreciation of sports through writing weekly articles.

I joined The Vanguard in the fall of 2023 as a sports writer, and it's all thanks to my good friend Oscar Docovo. Through our sports radio show that we do at WBCR, he would talk about The Vanguard all the time and kept telling me to join. At first, I was hesitant because I thought that as a writer I would not have much to add to the newspaper. One day, Oscar showed me a few articles he had worked on and I realized then how in-depth his writing was, and it was then that I decided that I should give it a shot.

I went to The Vanguard office one day and met Kate Dempsey, not even knowing what exactly to say or ask in order to join The Vanguard. My first article was covering the Knicks and Celtics game from opening night this



season. I chose that because basketball was something that I felt comfortable writing about for my first article, since it's the sport that I'm most familiar with. For the rest of the fall semester, Oscar and I would attend men's and women's basketball games at the West Quad, and I would write recaps for the men's basketball games. This was a good experience for me because it gave me the chance to cover the team for the entire semester, which is something reporters do in sports leagues. I had a ton of fun attending the games as well as covering them.

Entering the spring semester, Kate Dempsey told

me that I would be sports editor for the entire semester. In just three months I went from joining The Vanguard to becoming sports editor. Becoming sports editor helped me improve my writing skills as well because I was writing weekly articles covering a variety of topics in sports.

Specifically during the semester, I covered the women's basketball team weekly as they went on their way to win four straight CUNYAC championships. I feel like as a writer it was beneficial to me to put a lot of my focus on one team from BC because I was able to hone my writing skills as the weeks went

on and the season passed by. I would also like to give a special thanks to BC women's basketball head coach Megan Campbell, who gave me the opportunity to do an interview with her and use the content to make a profile piece about her for Women's History Month.

I have had the opportunity to meet some great people on The Vanguard's staff; everyone contributed great things to the newspaper and they also helped me build on my ideas to help me enhance my articles. I wouldn't have been able to do it without them. I have always been passionate about sports and The Vanguard gave me free range to explore

different aspects of sports, and to most of all enjoy writing all my articles. School work can be a grind, but every week I look forward to writing articles because I know that sports is my comfort zone and I never dread writing about it regardless of the topics.

My time at The Vanguard has been a blast and I can't believe it ended this quickly. It feels like I wrote my first article just yesterday. My biggest regret is not starting earlier than I did, but I'm proud of all the articles I have written.

Avoiding Summertime Sadness: How To Live Your Best Life In Summer

By Rami Mansi
Opinions Editor

Congratulations on getting through this school year! You've made it out, despite many trials and tribulations, which is worthy of enjoying the long summer break.

Every summer, one might ask themselves the age-old question: "What am I gonna do this summer?" If one doesn't want to "bedrot"—staying inside on the couch or in bed all day—then I have many ideas for fun things you can do!

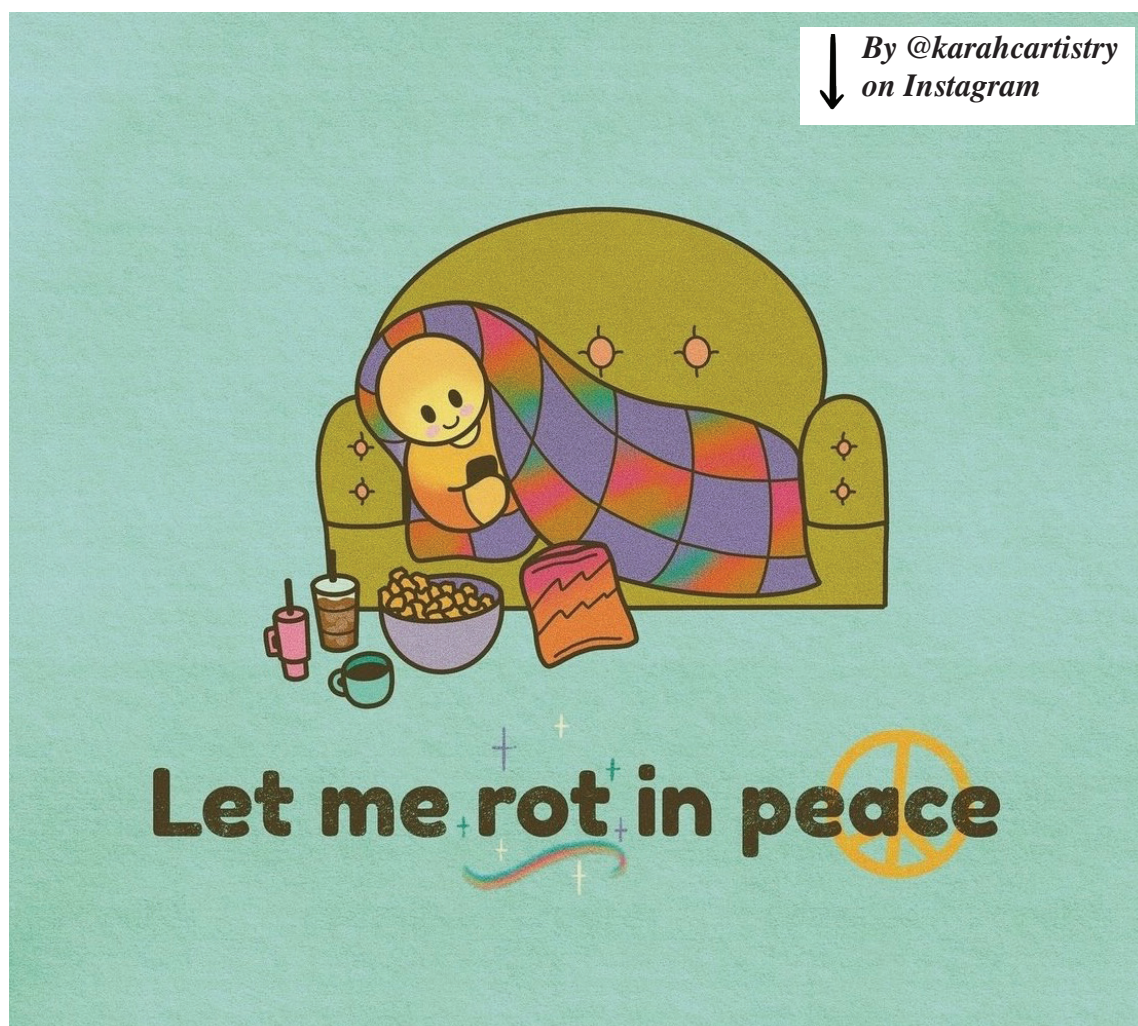
With the summer comes open parks, public spaces, and beautiful weather. For those who are a fan of the outdoors and other physical sports, start with walks, jogs, runs, and all types of movement in new locations while soaking up the sun. For people wondering when the right time to start working out or get some sun is, any time you have a more relaxed schedule creates a chance for you to both kill time and create a productive environment.

When it comes to finding a productive

environment, find rest spots to sit at during these long exercises. Rest spots can include third spaces, like cafes or spacious parks, to grab some fresh air. Parks, both local and large city parks, can have a huge effect on a person's mental health. Even a simple walk can help with various aspects of one's life, such as decreasing mood swings, controlling weight (as walking is an exercise), and even having positive impacts on your cardiovascular health, according to Better Health.

On these adventures, going solo is a great choice if decided on. But going beyond a solo adventure, try inviting friends old, new, and prospective to your activities. If you have a friend that you want to make more than a school or work friend, invite them for a nice walk with coffee. Small coffees and hangouts can be the start of amazing friendships and future relationships. Taking those chances can create a lifetime of new and exciting opportunities in both social settings and kind connections.

Talking about



physical activity, mental activity is just as important from simple things like a Wordle puzzle in the morning to reading a novel front to back. Engaging the brain can be helpful, healthy, and (h)amazing to gain some enjoyment. Mental-based activities include anything that requires brain power, which can lead to creative and critical thinking opportunities.

For a personal recommendation: I suggest reading a book to work yourself up to the more complex projects. Reading is the simplest, most foundational, and debatably the most exciting activity to do during a summer

break to decompress and enter your world of fantasy or formatted reality.

When building up a world that doesn't revolve around the limiting powers of the school year, it can get stressful to fill up that time in ways that suit both your productivity and need for relaxation. When deciding on what route to take into account remember this one detail: you are setting your standard. Therefore you can start, stop, continue, and set yourself up for whatever aftereffect you'd like. With no limitation on what you can accomplish in one summer, use this opportunity to try and do everything

with rapture, emotion, and, most importantly, at your own pace.

At the end of the day, you deserve to rot in bed and start your day at five in the afternoon. You need to replenish yourself after the long school year, and if you do that by sleeping in for 15 hours after doom-scrolling on TikTok, then do that to your heart's content. For this summer, set yourself up so you give less summertime sadness Lana Del Ray and more Diet Mountain Dew Lana.

Have a great summer and see you next semester!

USG Vice Prez Huda Ayaz Reflects on Vice Presidency



actions, like raising infrastructure and technological issues to administration and broadening our own scope for events to reach more students.

As my term comes to an end, I truly am honored to have been part of such a hardworking and intelligent team of people who care about making our campus a better place. That being said, I could not have gone through this without the support of so many people.

Firstly, thank you to Carrie Ebbin for being such a talented, dependable, and thoughtful leader. I have seen how tirelessly and honestly you have worked to truly make Brooklyn College a better place, and I am honored to have been there alongside you.

Thank you to our incredible executive cabinet for facing every task and hardship with bravery, teamwork, and integrity.

Thank you to members of the previous USG administrations for setting up the foundation for us to work on, especially Aharon Grama and Iqura Naheed. To Iqura: thank you for your endless support and patience. From introducing me to the concept of USG

to being a constant source of assurance throughout my time being involved, I have learned so much from your leadership and wisdom.

Thank you to the USG senators for your tireless work this past year. I'm going to miss seeing you all every Tuesday and I am so proud of everyone's hard work. From volunteering at our events to being a voice of the students, you have been an essential part of what kept us running throughout the year.

Thank you Royta Iftakher, my clerk of the senate, fellow programmer, and friend. With your random snacks and monthly fairy magic, you were always there to lighten the mood and provide thoughtful advice.

Thanks for not getting sick of me going from meeting to meeting every Tuesday this semester in particular, I'm going to miss you after you graduate!

To my family: Mama, Baba, Sadaf, Zaid, Maliha, Marwa, and Musa. Thanks for bearing with all the late nights and early mornings and for being a constant source of support throughout all of it and beyond. I love you

all :)

Last, but certainly not least, thank you to all the students who have been a part of my journey in USG, whether you had a position, were a volunteer, just hung out at the office, or stopped by once



By Huda Ayaz for students with USG Vice President SAIL and Central Depository.

Being a part of the Undergraduate Student Government of Brooklyn College for the past two years has been such an incredibly rewarding experience.

When I first walked onto campus, I could have never expected where my journey in college would lead me to. One thing for sure was that I wanted to be involved after a long period of time in quarantine. After exploring a lot of different clubs in my freshman year, I stumbled upon USG and was so inspired by everything they were doing that I got involved the very next year. As Club Director of the executive cabinet, I helped start and restart many clubs and arranged club training sessions

As I learned more about the processes and structure of USG and Brooklyn College, my desire to get involved only grew which led Carrie and I to run together in the election for USG President and Vice President.

As Carrie and I spent days on end campaigning during spring of last year, we realized just how important it was to be on campus, speaking directly to students and hearing out their concerns. This informed many of our initiatives this year, including monthly tablings, where we collected feedback from students about what change they wanted to see on campus. Many requests were what guided our own

in a while to share feedback. You all are what make us able to do what we do, and I'm so glad I met all of you.



USG Prez Carrie Ebbin Reflects on Presidency

By Carrie Ebbin
USG President

As my term as Student Government President comes to an end, I feel profound gratitude and a sense of accomplishment.

My student government tenure has been unconventional, to say the least. I have a family legacy deeply rooted in Brooklyn College's

quickly, but I learned from others around me, built relationships, and remained open to the feedback that helped me become an effective leader.

When Aharon Grama and I ran for office soon after, we won with a "record low turnout." The following year, Huda Ayaz and I won with a "record high" turnout, becoming the first all-female slate to win in USG history. This reflected our effective campaign and two years of vigorous efforts to engage students through events, publicity, and advocacy projects.

I am proud of what I accomplished during my three years of service, and especially proud of what our team accomplished this year. We transitioned to the new Bulldog Connection platform and streamlined club processes while supporting over 800 club events. We planned and led numerous successful USG events, including the Halloween Bash, Faculty-Student Mixers, Movie Nights on the Quad, and a Puppy Party. We advocated for diverse and inclusive food services on campus, resources such as suicide prevention legislation, and worked to help establish a Brooklyn College merch store. We also helped students navigate campus issues and policies while building better faculty-student relations. I am confident that these efforts will leave a lasting legacy on Brooklyn College and I hope it will inspire other students to step up, get involved, and make a difference.

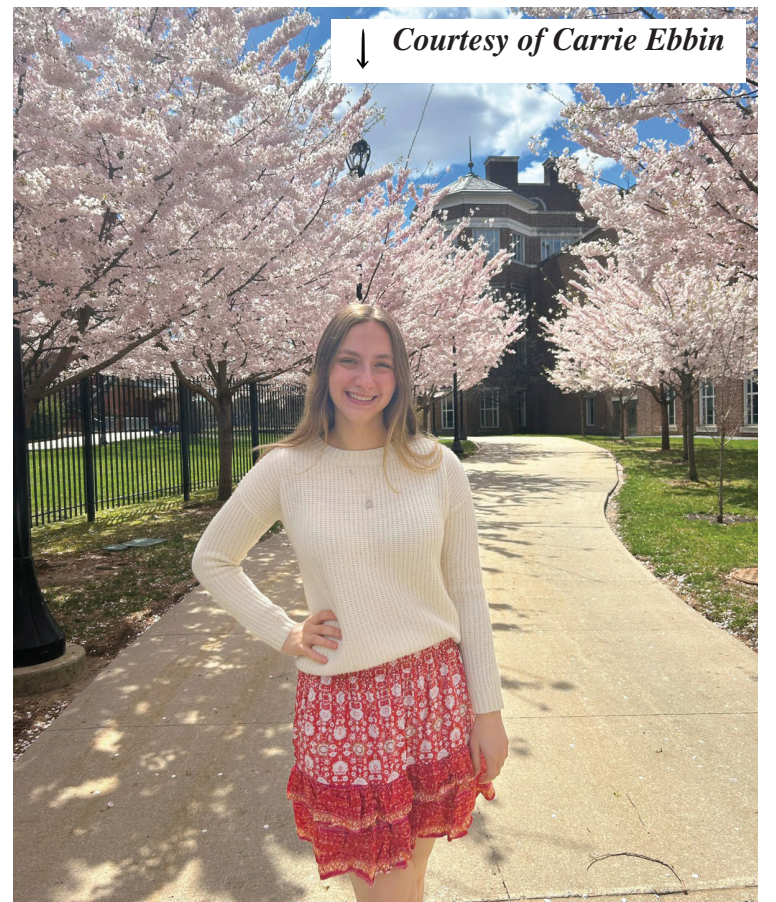
I want to express my sincere gratitude to the individuals who made this journey possible. First and foremost, thank you Huda Ayaz, for being the greatest teammate, voice of reason, and friend. Your grace in running the student senate and your attention to detail have been invaluable. I could

not have asked for a better executive partner. Thank you, Noam Abrahams, Dylan Karlowski, Royta Iftakher, Ajadah Simms, Milada Sirota, Nitu Farhin, and Joan Joseph for your unwavering support, hard work, creativity, and dedication throughout the year as cabinet members. Your contributions have been instrumental in our success and I am proud to have served with you. Thank you to the USG senators and club leaders who worked tirelessly to engage students in our community. Thank you to the faculty and administrators who listened to students' perspectives, stayed open-minded, and supported students' needs. I thank my family and friends for being my rock hard support system. Last but not least, I am deeply grateful for Aharon Grama, who took me under his wing, mentored me, and empowered me to take the lead. I would not be the person I am today without you.

Student government has changed my life, pushing me to think critically, solve problems on the fly, and step out of my comfort zone to benefit the community. I am proud to have confronted my crippling fear of public speaking by leading meetings, addressing students, advocating with leadership, and speaking at events including the CUNY Women's Leadership Conference. I have made incredible progress and am grateful to have been given so many opportunities for growth.

As I pass the torch to the incoming administration, I recognize how much I've learned through my representation of the student body, the University Student Senate, and the CUNY Board of Trustees Audit Committee.

This journey has been one



↓ Courtesy of Carrie Ebbin

↓ Huda (left) and Carrie (right) / Courtesy of Carrie Ebbin



student leadership with my parents, aunts, uncles, and brothers all involved in some area of student government. I grew up hearing epic tales of their accomplishments, plus some crazy stories involving other BC secrets that I can't share here!

I followed in their footsteps by becoming a senator in my second semester at Brooklyn College. Some people had doubts about me taking the role so

of the most challenging yet rewarding experiences of my life. My parents jokingly remind me that I go to a commuter college and should come home from campus before 11 p.m. But I did it because I was doing what I love, for a community I love. Recently, someone approached me saying she had never been involved in student activities on campus until she attended her first USG event. She realized the difference student leadership makes and has since stepped up to become a club e-board

member. Those are the moments that make everything worth it. I encourage all students who may be apprehensive about committing to student leadership and advocacy to take that leap of faith. It is difficult, but you are far more capable than you believe and your efforts have the potential to change people's lives more than you know. I cannot wait to see what the incoming administration will accomplish!

Thank you, Brooklyn College, for an unforgettable experience.

BC Women's Basketball Season Review

By Sean Markisic
Sports Editor
 &
 Manuel Polanco
Staff Writer

The Brooklyn College women's basketball team had yet another impressive season, going 18-9 in the regular season and winning a fourth straight CUNYAC championship. The team excelled, rightfully earning the title of champions.

Senior players this season were: Sarah James and Ericka James as well as Alina Estrella and Destiny Drummond, who all had great careers on the team and impacted the game on their way to winning multiple CUNYAC championships. Coach Megan Campbell took over the team and continued to coach a winning team so far throughout her coaching. Campbell was a former player for the BC Bulldogs and was nominated head coach by Alex Lang, who coached her. Campbell previously

told The Vanguard that while playing she always wanted to pursue the coaching side of the game as a career. Campbell received "Coach of the Year" by CUNYAC, and is looking to lead the team to more success.

This team has proven to find ways to win no matter what. What the women's basketball team has been able to do is almost unheard of at the college level, but the team has built a winning formula that has proven to get the best out of all of its players. Even though during these past championship runs there were obstacles thrown their way, they always had a great response. From the players to the coaching staff, this team has an understanding of what they need to do to win, and having that mindset will always be to the benefit of this team.

This team's dynasty is one of the greatest achievements in BC sports history. Being winners



of the CUNYAC championship four times in a row, their effectiveness and star power can't go without notice. The 2023-2024 season saw them go 15-8 in the regular season and be crowned the "Regular Season Champs." This gave them a ticket to the CUNYAC championships at top seed. The juggernaut of the women's basketball team steam rolled whatever teams stood in their way.

They built this

dynasty with great coaching and a good balance of offense and defense. Lang and Campbell helped guide a promising core to greatness, and their work should be celebrated. The level of consistency and work ethic these coaches instilled in their players helped certify good seasons and great moments.

While the 2023-2024 season for the Women's basketball team ended in a CUNYAC championship, they did lose in the NCAA tournament in the first round to Bates College via a score of 66-51.

The seniors of the team will now pass the torch to the younger players on the team, and hope they can keep the winning tradition alive. Alina Estrella was awarded with the Metropolitan Basketball Writers Association Third Team for the 2023-24

Season, which means Alina is considered to be a top 15 player for women's sports across CUNY. Ericka James ended her college career with great stats: James ended as a fourtime CUNYAC champ, and a three-time all-star. James also ends as a top-three scorer at BC, and their three-point champ with 246 three-pointers made.

The women's basketball team will be looking to make another historic year when their next season starts. With the dedication and hard work they put into winning, they are sure to continue being the reigning champions that they are.

