Sanders to Kick Off 2020 Campaign on East Quad

By Ryan Schwach
Managing News Editor

Vermont Senator Bernie Sanders will be officially launching his second bid at the White House at Brooklyn College this Saturday.

Senator Sanders, who attended Brooklyn College between 1959 and 1960, will return to his alma mater on Saturday, March 2 at 11:30 a.m. Doors open at 10 a.m.

Rumours he was coming to launch his campaign at BC started when the New York Post ran a story claiming the Sanders camp was in talks with Brooklyn College about launching his campaign there, and that it could mean another go at the presidency.

All of this was just speculation until his campaign announced that he was in fact running, had already raised $5.9 million in donations, and would be speaking here at BC after all.

The announcement raised a fervor of reactions from Brooklyn College students.

“Twas very happy to hear about him coming,” said sophomore Mariam, and she does not seem to be alone.

“I was one of the people that were very upset about him not getting the nomination,” said another Sophomore, Asma.

Brooklyn College embraced Sanders with open arms back in 2016. An informal poll published in The Excelsior in advance of the 2016 primary claimed that 75% of BC students were voting for Sanders. Bernie Sanders also gave the commencement speech at BC’s graduation ceremony in 2017.

Although, there is the chance that Sanders has lost some steam since his 2016 attempt.

“If you had asked me two years ago, I’d be more excited,” said a freshman who wished to remain anonymous.

Regardless, expect East Quad to be packed with Bernie supporters this coming Saturday.

MSNBC Reporters Chris Hayes & Trymaine Lee to Discuss Journalism On Campus!

By Allison Rapp
Managing Digital Editor

On Tuesday March 5th, two on-air broadcast journalists, Chris Hayes and Trymaine Lee, from MSNBC will be on campus to discuss their career paths and share valuable advice regarding the media industry. Hosted by the Magner Career Center, Hayes and Lee will answer questions as who are at the forefront of covering today’s world, national, and breaking news.

The event will run from 12:30 to 1:30 p.m. in the Woody Tanger Auditorium in the first floor of the library.

Chris Hayes is a journalist and host of the weekday show “All In with Chris Hayes” on MSNBC. Hayes is also editor-at-large of The Nation. Since 2002, Hayes has written on a wide variety of political and social issues, from union organizing and economic democracy to the intersection of politics and technology.

Trymaine Lee is a Pulitzer Prize-winning journalist who covers guns, poverty and education. Prior to joining MSNBC, Lee was a senior reporter with the Huffington Post, where he covered national stories that impacted the black community.
Jumaane Williams Elected Public Advocate
BC Alum Becomes NYC Watchdog, Despite Low Turnout in Special Election

By Quiara Vasquez
Editor-in-Chief
Reporting Assistance By Camila Dejesus

Brooklyn College alumnus Jumaane D. Williams was declared New York City's new Public Advocate, officially ending a democratic free-for-all that began when former Public Advocate Letitia "Tish" James vacated her position in 2019 to become New York's Attorney General. Now Williams is the city's official watchdog, as well as first in the line of succession should Mayor de Blasio die - or vacate his post to run for President in 2020.

Nearly two dozen candidates ran for the position; in such a crowded field, many progressives feared that the Democratic vote would be split between various progressives, clearing a path for Republican Eric Ulrich to become Public Advocate. But while Ulrich came in second, receiving just shy of 20% of the vote, Jumaane Williams won a whopping 33% of voters. Melissa Mark-Viverito came in third with about 10% of the vote; no other candidate came close.

While Jumaane Williams won by a sizable margin, a larger share of the electorate didn’t even bother voting. Many media outlets reported that the special election had inspired a "tumbleweed turnout" (as Gothamist put it), with only about 400,000 New Yorkers showing up to the polls. (For comparison, over 1,000,000 New Yorkers voted in 2017’s mayoral election, and that was also considered low turnout.)

It was no different at Brooklyn College, where an anemic trickle of locals streamed in and out of Roosevelt Hall's gymnasium, which was nearly empty except for poll workers. It was a far cry from the line to the polls during the 2018 gubernatorial election, which snaked in and out of Roosevelt Extension and all the way to the street entrance.

The few voters who did show up all seemed to support Jumaane Williams - unsurprising, given that Williams is an alum, and Brooklyn College is situated in his district.

"It's no secret - I came to vote for Jumaane 'cause he represents this neighborhood already and I'd like to see him go further," said one local voter who asked to remain anonymous.

"I looked up his platform when he was running for Lieutenant Governor," said voter Michael Jaoyi. "I liked him, and I liked his politics."

Brooklyn College students have a favorable opinion of Williams, but from the looks of it, most students were unaware he was in the running, or that the special election for Public Advocate was even happening in the first place.

A poll conducted by The Kingsman on the BC In The Know 2 Facebook page got only seven responses. Two students voted for Williams; two students voted for activist and Bernie Sanders surrogate Nomiki Konst (who came eleventh in citywide polls). Ulrich, Columbia professor David Eisenbach, and Vice Chair of the Democratic National Committee (DNC) Michael Blake all got one vote apiece.

Williams will make his triumphant return to his alma mater this Thursday, Feb. 28, as part of a panel discussion with Prof. Alex Vitale about youth violence to be held in SUBO.

Talk to us!

Are you a CUNY student or faculty member with something to say? The Kingsman's Opinions section is accepting submissions. Send your op-ed to kingsmanbc@gmail.com before 11:59 PM Saturday. (The Kingsman only publishes articles written by Brooklyn College students and faculty, related to goings-on at Brooklyn College or CUNY. We reserve the right to reject submissions which are off-topic, obscene, or excessively wordy.)
Chinese-American Community Rings In Year of the Pig

By Natalina Zieman
Staff Writer

With drum beats, vibrant red decorations, and a variety of fun games, the table tennis league of BC rang in the year of the pig.

Drum beats rang out loud and proud at 5pm Tuesday, February 19, when the celebration began. I was sitting in my classroom on the fifth floor of Whitehead when we first heard the celebratory drumming. The class first thought the sounds were coming from above us - a sweet confusion seeing that there was no floor above the one we were on - but quickly realized the drums were coming from the streets below. As we looked out the window, we realized it was for a celebration of the Chinese New Year. Bright red and gold costumes were worn by a couple festive students as they displayed their culture and celebratory attitude, while beating the drums in honor of the New Year. I got to experience their pride in their culture firsthand.

This celebration welcomed a variety of students who participated in the card games, ping pong matches, photo booth opportunities, and karaoke. The card games shuffled from person to person, ping pong matches got competitive between friends, and silly photos of friends were taken at the popular photo booth, food was shared, and contagious laughs echoed through the room as a young man drew in a crowd during one of the many card games played. Ping-pong balls scattered the floor, traditional Chinese food wafted through the air, and card games were left at 52 pick-up as the cotton candy machine was rolled in.

Walking around the event, I noticed the different kinds of food that was offered. The different types of food ranged from simple fruit, such as apples and tangerines, to chicken, noodles, rice, beef, vegetables and “special sweet rice balls” as student, Nelson, was excited to share. I was not able to experience the sweet rice balls because of how big of a hit they were, making them the quickest food item to go. On top of all the delicious dishes available, a cotton candy machine rolled in for dessert, attracting a long line of students with a sweet tooth.

Aside from the food, the second most popular attraction was the photo booth, which also held a long line of students. Waiting for their picture to be taken, several students fooled around with the little accessories that were available to wear for the photos. Paper hats, mustaches on a stick, oversized sunglasses and feather necklaces were among the used articles chosen by people to wear in their Brooklyn College Chinese New Year Celebration photos. Friends smiled and giggled as they dressed each other up with the silly costumes. Shortly after the buzz at the photo booth died down, I heard there was karaoke two floors up, and that ended up being a huge hit for the event. Two guys were caught singing The Climb by Miley Cyrus, as best they could, which made it all the more fun for the audience.

All students who attended the event seemed to have a wonderful time. There was nothing disappointing about it, and how the whole thing was put together. Groups of friends mingled and welcomed anyone who approached. It was all-in-all a wonderful time for everyone in attendance. "First of all, today is a special day for Chinese people especially after the ten day New Years. Today, I would say, is kind of like Chinese Valentine's Day," said Nelson, a student in attendance. "So today we have this celebration. We share food, we have a party, we're happy together." Passion was expressed through Nelson's words and body language. This Chinese New Year celebration was one for the books. Let's make the Year of the Pig the best one yet!

Brooklyn College Radio Launches “The Brooklyn Hound”

By Allison Rapp
Managing Digital Editor

There’s a new campus publication in town, and it goes by the name of The Brooklyn Hound. Organized and distributed by the news sector of Brooklyn College’s WBCR radio station, The Brooklyn Hound is a weekly magazine-style publication covering a variety of different topics, including regular bios of students who attended.

At the head of a team of seven editors is Danielle Kogan, a junior double majoring in journalism and theatre, who’s been with the radio station since the fall of 2017. Her responsibilities include recruiting and running the division of the station devoted to news, including The Brooklyn Hound, which is currently in a 10-week trial period. Kogan says that when she started last fall as director of the news team, their presence on campus was not particularly significant -- something she hoped to change.

“I figured with the industry becoming increasingly more digital and increasingly more multimedia,” said Kogan, “it would be a real disservice not to be able to offer every student interested in news what exactly they’ll be dealing with.”

The members of The Brooklyn Hound can often be found handing out copies of the publication in classes or out and about on campus in areas like the Whitehead Cafe and the library lobby. The team is presently working to get digital PDF versions of the magazine uploaded to the WBCR website, mywbcr.com.

“People are starting to understand that the radio is a place for people of any major,” said Kogan.

If the publication does well, Kogan hopes to print more copies and add more pages to the magazine. The writers in the magazine vary week-to-week, no prior journalism or reporting experience is required, and anyone interested in submitting a pitch or advertisement to The Brooklyn Hound should send their ideas to wbcr.nd@gmail.com.
What do Nietzsche and Naruto have in common? The answer may surprise you.

On Thursday, Feb. 23, BC’s philosophy department hosted a discussion on philosophy in anime, as part of their “Social Hour” series. Anime is a distinctive style of Japanese animation that first gained popularity overseas in the 90s, when exported series like Sailor Moon, Pokémon, and Dragon Ball broke into the mainstream.

Here, two or three dozen students, led by college assistant Christina Weinbaum, discussed some popular anime series through the lens of philosophical figures.

Take “Death Note,” an anime from 2006 about a high school student who gains the power to kill anyone he sees by writing down their name, and his subsequent fall into insanity as he commits murder after murder. Weinbaum explained that Death Note is a good illustration of Friedrich Nietzsche’s concept of the “will to power” - what Nietzsche considered the ambition and drive which was the dominant force in human psychology. Several students objected, arguing that most people wouldn't use that power for evil ends, and that the hero (or anti-hero) of “Death Note” is a special case and not a example of typical human nature.

Other anime discussed at the event included “Full Metal Alchemist: Brotherhood,” “Steins;Gate,” and “Psycho Pass.” Weinbaum is a big fan of all four anime discussed at the event - but she also thought that these shows offered an “in” for interesting discussions on subjects like utilitarianism and the mind-body problem.

“I think those are the four anime that have provoked the most philosophical thought in me,” said Weinbaum. “But also, these are always considered four of the most thought-provoking anime.”

Many popular shows didn’t make the cut. For instance, she initially considered talking about the recent anime “Sword Art Online” at the recommendation of colleague Jay Jankelewicz, who thought it raised interesting questions as to where and what consciousness is. But Weinbaum ultimately rejected the suggestion. “The philosophy wasn’t ‘in your face’ enough,” she said.

Her judgment proved wise. Many students at the event were also fans of the anime discussed, and theyexcitedly brought up plot points that Weinbaum had glossed over through the lens of philosophy. Students also made connections to everything from the film “Minority Report” to the ethics of abortion.

Weinbaum credits the laid-back atmosphere of the department's "Social Hour" events and the pop-culture hook for the quality of the discussions. “We want to host events that are accessible to students, where they wouldn’t feel that professors were judging them,” she said. “Also using mediums that are approachable, like movies and TV,” Nimra Asif chimed in. Asif works alongside Weinbaum in the philosophy department office. She's also led discussions during the department's popular "Twisted Vision" series, which uses the Netflix series “Black Mirror” as a springboard to discuss ethics. She's seen firsthand how passionate students can get about ethics when prompted by pop culture.

“These were people who've never done philosophy, who had very strong ideas about what makes a person,” Asif said, recalling the strong reactions students had to a Black Mirror episode about a woman who purchased a mail-order replica of her late boyfriend.

The next Social Hour event will be on Thursday, Feb. 28, when philosophy major Johnny Han will talk about memory and phenomenology in cinema. Later events in the series will be posted on the department's Twitter, @BCPhilDept.
In this millennium, the United States leads the world in its production of obese people. The World Population Review - a statistical report put out by the United Nations each year - placed the U.S. number twelve in terms of obese people-per-capita, but none of the other eleven exceed a population of five million (the next biggest being Kuwait with 4.1 million). Each year, 300,000 people die due to complications related to obesity. Our country faces a genuine epidemic, and it’s one that’s going to take more than a few kale chips to solve.

After spending eighteen months as a personal trainer in Flatbush, I have spent thousands of hours with hundreds of clients. The formation and translation of poor habits across generations has been a key contributor to many of the cases that came to my desk at Crunch. But more than any other factor, a poor diet has contributed the most to people's poor physical and psychological health.

One case was a gentleman we will call Ray. Ray is a father of three, a mid-level manager, and an infrequent exerciser. He did his best to work out a few times each month, but his food habits were guided by convenience. He would begin his day with an empanada and some coffee, at once dehydrating him and filling his stomach with the heavy oils used to fry the pastry. Lunches would often be street food, comprised of aromatic rice dishes cooked with butter and large portions of meat. Occasionally he would have plantains, but these too, were fried. (Granted, there is nothing wrong with this lunch, apart from a lack of green vegetables, but this was Ray's daily routine without any regular exercise or routine of any kind.) Dinner would be whatever the kids were having. The usual suspects included tacos, pizza, hamburgers, or mac & cheese. The result? A man roughly thirty pounds overweight, on three medications for blood pressure, and yet another for depression. Our primary goal was to reduce that adipose (fat) tissue, but even a basic assessment of Ray's life of food outside the gym told the full story.

CHANGING OUR ICONS

When we think of New York itself as a great city of iconic food, what are our icons? Pizza, doughnuts, hot dogs, and bagel breakfast sandwiches like a bacon-egg-and-cheese.

The first line of defense against weight gain is making good carbohydrates a cornerstone of your daily diet. The two kinds you want are fibrous carbs like leafy greens, and starchy carbohydrates like potatoes and rice. This fuel transitions into glycogen (your body’s main fuel source) faster than fats or sugars, and is largely absent from most of our New York staples mentioned above.

So what is a New Yorker to do? The easiest answer is to eat less meat on average (I love bacon and so can you), get raw vegetables or a salad into your diet every day, and enjoy the many delectable offerings of the five boroughs in moderation.

GOOD IN > GOOD OUT

My approach to health emphasizes three core principles: fuel (anything that goes in), body, and mind. Lifting weights in the gym, running, or doing any type of vigorous, high-output sports will assist you with the body and mind. Given time and proper guidance, ANYONE can be in great physical shape. But that only happens after changes in diet become a fact of life.

With some tinkering, we determined Ray’s best option was to completely revamp his daily food routines. Mornings would be oatmeal with some low sugar toppings like bananas or peanut butter, or maybe some toast with similar toppings. Because he has long shifts at work, Ray will pack himself a meal and two snacks like an apple or a power bar to keep him going throughout the day. When he gets home, he will have a piece of fruit to help keep hunger at bay while he makes healthier dinner options for the kids. Once done, he has some of the same, healthier food his kids ate. And on late nights, he might have a snack of dark chocolate with peanut butter and banana and some tea.

The common themes in a healthy diet are the same wherever you go. Whether you found a diet plan on Bodybuilding.com, in a health magazine, or in the classroom, the root metrics are simple, sustainable, and intentionally delicious. Good food not only gives you what the body needs to perform optimally, but it’s a joy to eat!

It is often difficult to alter one’s diet, but Ray was motivated. “I want to do this so I can go running with my wife, and work out with my son when he gets older,” he told me. “No more waiting.”

This isn’t true of everyone. For many of us, it takes smaller steps to reach that ultimate goal of total change. Instead of buying McDonalds, try making the burgers yourself. After a while, try some low-fat cheese, maybe a whole-grain bun, or even different protein options. Sometimes there’s simply no need to reinvent your whole world when better options just mean a little extra effort. Without work, your outcome is half-baked at best.

By Noah Daly
Business Manager

Photo Credit: Jim West
Bulldogs Fall to Hunter in CUNYAC Championship Game

By Hernan Pacas
Staff Writer

The number 2 seeded Brooklyn College women's basketball team faced off against the top seed and host, Hunter College, in the CUNYAC championship game Friday evening, Feb. 22. The Bulldogs, who were looking to make a repeat performance as CUNYAC champions, could not get the job done as they lost 76-65 to Hunter.

With the loss, the Bulldogs finished the season with an outstanding 19-8 record. Meanwhile, with the win, Hunter advanced to the NCAA tournament.

The game from the beginning was a battle as both teams could not score before Hunter finally got on the board with a free throw from Jade Aponte. In a low-scoring first quarter, Hunter would end the first quarter with a 3-0 run to lead 14-11 after a quarter of play. The first half of the game was close throughout, with various lead changes as the Bulldogs led Hunter 36-34 at the half. The Bulldogs roared back in the second quarter, winning the second quarter 25-20 and taking a 36-34 lead to halftime.

In the first half the Bulldogs shot 40% from the field and from three compared to Hunter who shot 36% from the field and 25% from three. Heading into the second half, the Bulldogs were shooting better than Hunter, but that would quickly change in the second half.

The third quarter was low-scoring, as both teams missed a lot of shots thanks to great defense on both sides. The Bulldogs won the third quarter 15-9 and headed to the fourth quarter with a 51-43 lead. The fourth quarter, however, would be dominated by Hunter, who outscored the Bulldogs 33-14. Although the fourth quarter seemed one-sided the Bulldogs actually led Hunter 57-49 with 6:45 to go. Hunter would respond by going on a ferocious 13-0 run where they regained the lead and led the Bulldogs 62-57 with five minutes remaining in the game.

Senior wing Alexandra Moogan would help cut the lead to 64-62 before Hunter put up nine unanswered points and sealed the championship win in the final two minutes of the game. Hunter would have three of its starters combine for 53 points led by the championship MVP, Janine Conway, who had a game-high 24 points.

On the Bulldogs side, senior Alexandra Moogan would finish with 16 points and shot an efficient 4-8 from behind the field. Moogan who was a CUNYAC First Team All-Star this year also led the conference in three point field goal percentage as she has become a long distance sharp shooter. Meanwhile her teammate and also CUNYAC First Team All-Star junior forward, Chanel Jemmott, would finish the game with her 15th double-double of the season as she scored 16 points and grabbed a game high 21 rebounds.

Senior forward, Jasmine Hansgen also had a solid game with 11 points and 12 rebounds. Sophomore guard, Taylor George, who was a CUNYAC Second-Team All-Star, finished with 10 points, 2 steals, and a three pointer. George was great defensively this season as she led the Bulldogs in steals and was third in the conference in steals.

It was a great season for the Women's Basketball team as they had a winning record making it to the CUNYAC tournament for the fifth straight season. They finished 14-2 in conference play and have proven that they are a team on the rise who can compete with anyone.

The Bulldogs will be playing at the Eastern College Athletic Conference (ECAC) tournament, as they will host the number three seed Neumann University in the West Quad Center at Brooklyn College at 5 p.m. on Wednesday, Feb. 27.

Do you want to write like a King?
The Kingsman is looking for writers (especially sports writers), artists, and photographers.

For more information, contact kingsmanbc@gmail.com, or visit our offices in 118 Roosevelt.
Bearcats Beat Bulldogs at CUNYAC Men’s Basketball Final

By Maruful Hossain
Sports Editor

The Brooklyn College Men’s Bulldogs (No. 4) faced a tough Baruch Bearcats (No. 1) in the semi finals of the CUNYAC playoffs at Baruch College. Despite beating the Bearcats in overtime two weeks ago, the Bulldogs could not pull off another victory in their rematch. While the Bulldogs were trailing in the first half, they overcame adversity and had a late second half push. This is the second straight game where the Bulldogs made a second half push after being down in the first half. While the results did not favor the Bulldogs, the only place they should look is up as they put a valiant effort on the court. Here is what went down in the game.

The Bulldogs started the first half with a 9-5 lead but went cold for the rest of the first half. The Bearcats went on a 11-0 run that helped solidify the lead in the first half as they went to lead by double digits in the first half. The Bulldogs only shot under 25 percent on the field, which explains why they were cold in the first half. The Bearcats, however, shot 44 percent on the field in the first half, thus explaining why they were leading the Bulldogs in double digits.

The second half consisted a better effort for the Bulldogs. While they were down by 20 in the early part of the first half, the Bulldogs went on a 8-0 run, cutting the lead 49-43 with 8 minutes and 17 seconds left in the second half, making it seem as if the Bulldogs can actually make another comeback. Junior Guard Jordan Wright led the run with a couple of threes but Baruch answered back with a 5-0 run, which was lead by Bearcat player William Sixsmith. The Bulldogs would then scratch and claw their way back into the game as the Bulldogs were only down by 8 with 5 minutes 55 seconds left in the game. However, this 9-0 run that the Bearcats had solidified the game and brought them back to double digits and winning the semi final overall.

The Bulldogs shot 31.1 percent from the field overall and had 16 turnovers as opposed to the Bearcats, who shot 42.9 percent from the field and had 13 turnovers. The Bulldogs were lead by Junior forward, Jade Spencer as he had a double double, scoring 15 points and grabbing 11 rebounds. Guards Anthony McLean and Jordan Wright scored 14 apiece.

The Bulldogs should leave this season with their heads held high. They doubled their win total from last season and made it to the CUNYAC semi finals for the first time in three years. They have made a resurgence under first year head coach, Jeffrey Jean Baptiste. The ceiling for the Bulldogs are high after this CUNYAC playoff run.

The Bulldogs will now gear up for the Eastern Athletic College Conference (ECAC) tournament. They will be facing no. 1 seed Wilkes University at 7:15 p.m. in the West Quad Center at Brooklyn College on Wednesday, Feb. 27.