

Scepter

The Students' Voice

Kingsborough Community College

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The City University of New York

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Stocks! Stonks! What?

Developing an Understanding

By Maggy Pasho



Everyone from your dad to Twitter to mainstream news has been talking about GameStop stock. You see all these discussions about shares and short selling and blah blah blah, what does any of that mean? I can't understand any of this. Well, if you don't understand then this is the article for you. Let's learn about what happened instead of just hearing about what happened. Before getting into what happened with GameStop, we should talk about what the stock market is.

Let's say Jamie wants to expand her business by selling edible shoes (which is a real thing that businesses sell?). She needs money to get her business up and running. How can she do that? Well, she can reach out to private investors (which is just a single person or company that doesn't trade on the stock market) but let's say the investor isn't interested. There are just too many edible shoe places out there, they don't see her succeeding.

So, Jamie decides to go public. Going public means going on the stock market. Now anyone can invest in shares of her company. What are shares? Glad you asked. Investing in shares means buying ownership of a part of that business. Let's imagine that Jamie's business is a pumpkin pie. It's her pie (business), she made it, but she'll let you take a slice (owning a share). That slice (share) is now yours; you own that chunk of the pie.

Why does it matter that you own a share? That you have a slice of her pumpkin pie? It matters because that slice has monetary value. A share is worth money. So, when something has a value that means you (the person owning the share) can financially profit off of it. You (the shareowner or person with the slice) can use the share to make money. However, just owning a share doesn't mean that it will have a lot of monetary value.

Going back to the pie example, the worth (monetary value) of that slice depends on how good her pie tastes (how successful the business will be) and how many people want to have a slice (how many people are investing in her company). Is the demand for her slices (shares) high? If everyone wants to own a slice of her pumpkin pie (business) the price of the slices (shares) goes up. If no one wants to have a slice of her pie, the price of the slices (shares) goes down.

What's important to know for the GameStop situation is that normally the goal for the shareowner or the person with the slice isn't to make the share more valuable as most people would assume. It's to find any way to use the worth of that share to make money. That was the goal for Wall Street.

There had been discussions about how GameStop might die as a company soon. Due to advancements in the video game industry, the demand for GameStop products was declining.

That means fewer people were buying from GameStop and fewer people were owning shares from GameStop. What you need to know is that the shares (slices of Jamie's pie or a slice of gamestop) can be bought, sold, and borrowed.

Wallstreet decided to do something called short selling. Tanis has a slice of Jamie's pie and you borrow a slice of pie from Tanis. You tell her you'll give it back in two days (don't borrow pie slices outside of this example). The slice of pie is worth 40 dollars. Here's the thing though, you're not giving Tanis her slice back.

You expect the price of the pie slice to drop within those two days. So, what you do is sell the slice to someone else for 40 dollars, you now have 40 dollars in your pocket. Afterward, the slice's price drops to 30 dollars. Remember that the worth of a share (a slice) can either go up or down? The price went down. It's been two days and now Tanis wants her slice back.

Typically, when someone borrows something from someone else and loses it, you have to pay them back. However, what's so unique about a share is that there isn't a set price on it. For example, when you buy a shirt from a store for 40 dollars, let someone else borrow it and they lose it, it doesn't matter that the shirt's value went down to 30 dollars; Since you paid 40 dollars, they have to give you 40 dollars. That's not how shares work.

Since the share's value dropped to 30, you only have to pay Tanis back 30 dollars, not the 40 it was originally. Remember that 40 dollars you have in your pocket? You now have 10 dollars leftover because you paid Tanis back the 30 dollars. This technique has a bit more layers than that and It's ok if you didn't understand all of what was said, you just need to understand that you made 10 dollars from short selling successfully. Now, imagine short-selling hundreds or thousands of times.

Think of the profits you'd make from that?

This technique only works if the value of the share (pumpkin pie slice) goes down. Let's say the slice (share) goes up to 50 but you only have 40 dollars in your pocket. Instead of making 10 dollars, you'd be losing 10 dollars. Short selling is a huge risk. You need the value of the share to go down to make money. If it goes up, you're going to lose money. You know that the value of a share depends on how many people want to invest. Is the demand for investment high? Well, the people on Reddit knew that as well.

Reddit was able to find out that the people on Wall Street were short selling and understood that Wall Street needed GameStop's share price to go down. The people on Reddit then decided "let's make the share price go up." The Redditors started investing in GameStop in an attempt to raise the stock price and make Wallstreet lose money. It worked. GameStop's share price went up so much that Wall Street lost billions of dollars.

If you take anything away from this article, that's what you should take away from this. Reddit, using their knowledge of the stock market, was able to take Wall Street's money away. Wall Street's money. Wall Street have been manipulating the market for so long, to the point of causing economic recessions like the Great Recession in 2008. Now, unemployment is high and the economy has shrunk due to the pandemic. The people who hold the most amount of wealth, the ones less affected by the pandemic, are the Wall Street guys. Despite all the pain they've inflicted, they've never faced any consequences. That is, until now.

That's why knowledge is so important, you can use it to your advantage. You can start a revolution, a movement. The information in this article is generalized and focused on only certain aspects of the stock market. However, this can be the first step into learning more. If you happen to be a shareholder of an edible shoe store that's also a pumpkin pie for some reason, use this information to your advantage.



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Letter From The Editor

Accountability

This season and all the good and bad that has come with it have shown me, if anything, how essential it is to hold myself accountable for the things I do and say wrong. It has shown me the relief that relinquishing pressing responsibilities onto someone else brings. However, as I would like to restate from an application I completed just yesterday at the cusp of an extended deadline that I procrastinated until the bitter-end - "there is a deadline for leniency."

In today's society, concerning accomplishments and prior experience, there is more mercy allotted for those of us who've taken the path less traveled and decided to make a roundabout to finishing school, myself included. And I'm eternally grateful for that shift. The thing is, it won't last forever. I came to this realization as I sat in a place that, in a perfect world, I would have left the moment the clock struck twelve on my eighteenth birthday. I realized that even though my desires and plans didn't come to pass in the way I'd designated to myself, the train keeps going, and either I'm going to get up, gather my things, and get on - or stay stagnant in my self-inflicted misery. Because there comes a moment where you truly have yourself to blame for your shortcomings.

In this self-evaluation session, a sort of epiphany hit me when I realized that, at twenty-two years old, I'd become complacent in my perfectionism. I had settled in the cesspool that was, "if I cannot do it perfectly, I won't do it at all." But that only led to more time loss, resentment, and bitterness that probably also wasn't working in my favor health wise.

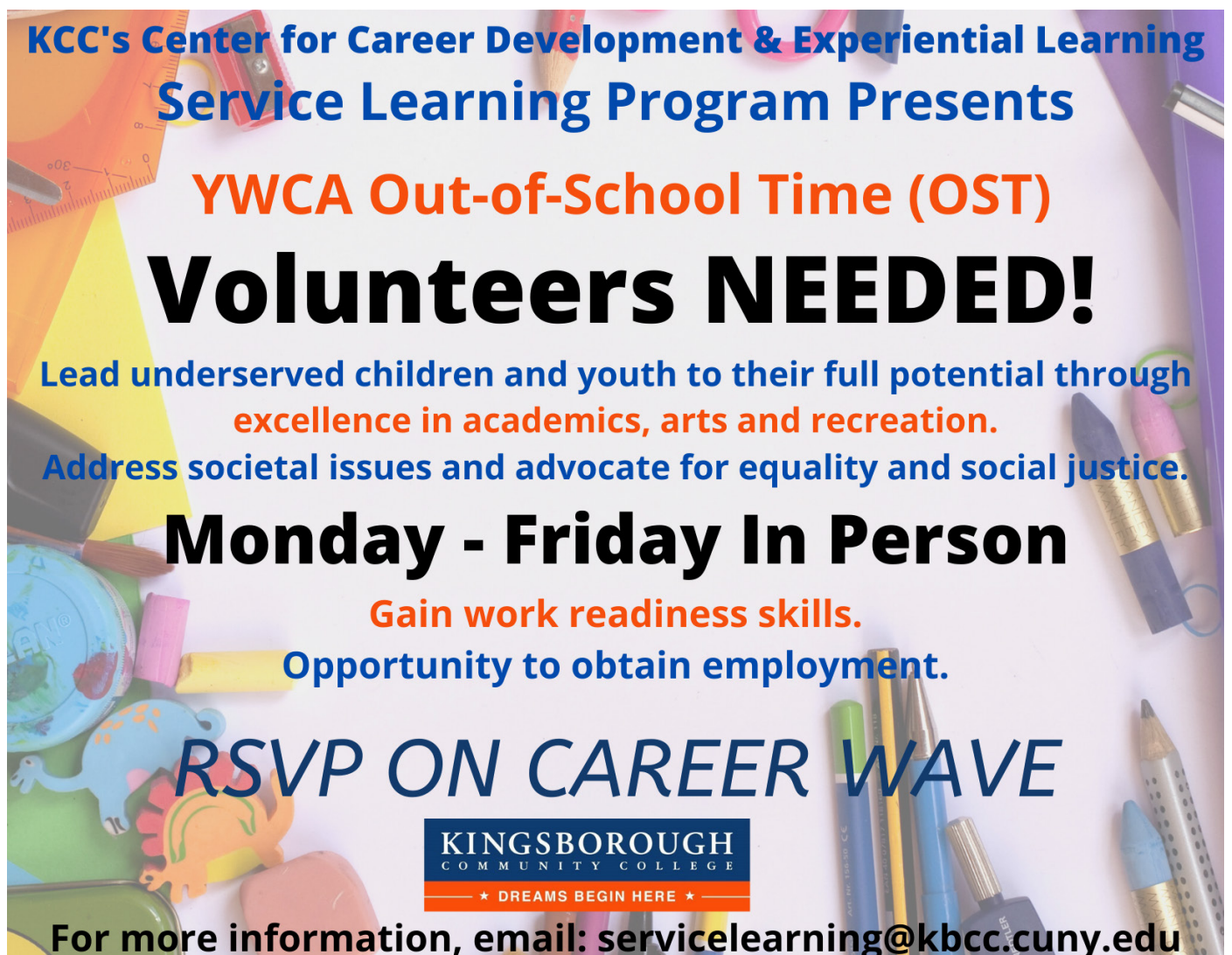
I was becoming a loser in a one-man race. And I wasn't even the first runner up.

Thus, in this time left in quarantine (however long that may be), I hope to remember this time I spent endlessly procrastinating and use it as fuel to drive me toward a desired future of peace, contentment, and plentiful fruit.

"Far better it is to dare mighty things, to win glorious triumphs, even though checkered by failure, than to take rank with those poor spirits who neither enjoy much nor suffer much, because they live in a gray twilight that knows not victory nor defeat."

-Theodore Roosevelt (The Strenuous Life, 1899)

Sincerely,
Kayla Sherald
Editor-In-Chief



KCC's Center for Career Development & Experiential Learning
Service Learning Program Presents
YWCA Out-of-School Time (OST)
Volunteers NEEDED!
Lead underserved children and youth to their full potential through
excellence in academics, arts and recreation.
Address societal issues and advocate for equality and social justice.
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Opportunity to obtain employment.
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For more information, email: servicelearning@kbcc.cuny.edu

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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 Email us odyssey@kbcc.cuny.edu.

National News

Carbon Footprint and the Impact of an Evolving World

The Effects of Reducing Carbon Footprint to Better the Atmosphere

By Andre Rickman



U s as human beings thrive off gas, electricity heat and transportation, granted all these things are needed for survival but when we start an overuse of all those items the ozone layer gets really affected. The basis of the carbon footprint is to leave the world in better shape for the future. The more of us as human beings make a cut down of all these necessities the better the greenhouses would be. Some of the ideas that are going to be expressed in this article is the ideology of carbon footprint, some effects of carbon footprints and more solutions to help keep spread awareness of supplying clean energy, the earth inhabits 7 billion people every day and we can't raise our future generations with a lot of pollution in the air. We as human beings owe the rest of our life into fixing the carbon footprint to reduce or contribute to climate change. The point that this article is trying to get across is how reducing carbon footprint is good for not just the earth but the many species that live here.

The ideology of carbon footprint is how the result of multiply human activities can have a role on how much availability carbon dioxide is being. Osomosed into the air. This idea is best explained by Livia Albeick NYTimes article "How to reduce Carbon footprint" by explaining how the way products are

being made and how humans play a factor. According to Livia Albeick article, how to reduce carbon footprint, she says "carbon footprint is the total amount of greenhouse gas emissions that come from the production, use and end-of-life of a product or service." Another quote from Livia's article that helps explain what carbon footprint would be "It includes carbon dioxide the gas most emitted by humans and others, including methane, nitrous oxide, and fluorinated gases, which trap heat in the atmosphere, causing global warming". When people are looking at these quotes from Livia's article it shows people a basic understanding on how carbon footprint works and how as human beings can contribute to eventually climate change if we don't start being more resourceful and not exceeding certain limits of how carbon dioxide is produced.

Some long-term effects of carbon footprint would be the digestion of food. One of the articles the best explains the how the carbon footprint will influence how humans digest food would be the carbon footprint of the food supply chain by Dorothy Nuffield. According to Dorothy Nuffield's article she brings up the foods that have the most carbon and greenhouse emissions would be more meats than plant based, Dorothy said "119 countries and 38,000

commercial farms beef and other animals, 60 kg of GHG nearly 2.5 x faster than most." When people read this quote, it shows how meat and other foods that have a lot of fat the process of transporting these goods takes a huge toll in the industry based on how the meat products must go through a lot of GMO by products being used to preserve those products. Another way carbon footprint has on the environment would be the weather and what can happen because of the acceleration of these activities and how these play a factor in the climate. According to an article by Earth observatory they said that "About 30 percent of the carbon dioxide that people have put into the atmosphere has diffused into the ocean through the direct chemical exchange". When hearing this quote from earth observatory they explain how carbon dioxide is a sad thing when you think about all those sea creatures being affected by those toxic airways going to the bottom of the ocean. Another article that helps show how climate change is endangering human lives would how climate change is fueling extreme weather which stated "Record-breaking snowstorms have knocked out power for nearly 3 million homes in Texas, as icy conditions and heating demands. overwhelmed much of the region's power supply". "Temperatures have dropped as far as 20°F to 35°F below normal in the Great Lakes and Great Plains Area". Quotes by both earth observatory and earth justice help bring an awareness to how carbon footprints can bring some unwarranted effects to both human beings and the environment they inhabitant.

Some solutions about reducing the carbon footprint would be to use less carbon heavy vehicles and trade them for ecofriendly ones. According to an article How are electric cars are better they said "The national average is 4,815 pounds of CO₂ equivalent emissions for a typical EV per year as compared to the average gasoline-powered car which produces 11,435 pounds of CO₂ equivalent emissions annually". When hearing this quote from electric car myth buster wants to persuade people to get the electric cars which will help in the less emission of carbon gasses into the atmosphere. Other ways to reduce carbon footprint would be the way we buy or consume our foods, one of the main reasons of carbon footprint in food would be the use of meat. According to an article by Healthline they said about "16,800 Americans meat released the most greenhouse gases." A great substitute for this problem would be eating more plant-based diets, "eliminating meat and milk from our diets can save about 50% of more water use" according to Dana Hunnes. More of some of the mundane ways to reduce carbon foot at home would be reusable water bottles it saves less money, taking fewer long showers cutting the shower between 12 to 15 minutes can save about 2.5 gallons of water being used. A student at kbcc Dayana Castillo can a test that doing these little steps can help better the environment, she stated "learning how to save ater to limit my usage of long showers had me more conscious about how it would affect the way not just water but basic necessities to live and not override them."



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. You can email your opinion or letter to the editor to: scepter@kbcc.cuny.edu

Women's History Collaborative

Scepter's Picks for Revolutionary Women

By Maggy Pasho and Andre Rickman



Vandana Shiva



Tarana Burke



Zendaya Maree Stroemer

What does it mean to celebrate International Women's History Month? Well, it's not just a month or a day. It's a space dedicated to embracing women in history who wouldn't have been embraced otherwise. Women who changed the world, women who were themselves despite what society told them to be, women who made history by being revolutionary. What's so important about the phrase International Women isn't just the word women but the word international combined with women. That means diversity and inclusivity. Here at Scepter, we're proud to be a diverse group of people. A revolutionary woman is not going to be the same for everyone which is why the term international matters so much. We at Scepter want to embrace the diversity within our staff by creating a list where we each individually bring attention to women we personally find to be revolutionary. This is our list of Revolutionary Women in history.

Marsha P. Johnson – Marsha “Pay it no mind” Johnson is one of the most significant LGBTQIA+ activists in the U.S. She was the co-founder of the Street Transvestite Action Revolutionaries (S.T.A.R), an activist organization that provided resources to the LGBTQIA+ community in NYC. She was also a member of the New York gay liberation movement, standing strong with the movement for 25 years. She is known for starting the Stonewall riots. Marsha dedicated her life to advocating for people with HIV/AIDS, sex workers, policing reform, and more. She didn't just fight for change but was change.

Vandana Shiva—An intersectional environmentalist from India, Dr. Vandana Shiva dedicates her time to fighting for change within globalization, agriculture, and more by recognizing the way marginalized groups interact with environmentalism, specifically women. She believes in the liberation of the earth

and humanity. She is the founder of Navdanya, a movement that provides free educational resources, classes on food democracy and biodiversity, and more. She helps lift the voices cramped underneath the weight of environmentalism.

Alice Ball – A chemist who was the first woman and black person to graduate with a master's from the University of Hawaii, as well as become the first female chemistry professor. Extremely intelligent from a young age, she developed a revolutionary treatment for leprosy at just 23 years old. Before her, the available options were not the most accessible or enjoyable. She never got to see her work go to fruition as she died before being able to publish her work on her terms. The president of her university published her work and claimed it as his own, fortunately, someone who worked closely with her fought for her well-deserved credit. Unfortunately, it's not uncommon for women's hard work to be claimed by men in the history of science. Regardless, Alice Ball should be revered as a pioneer.

A woman that should have a spot in women's history would be one of the female founders of the Me-Too movement, Tarana Burke. Born on September 12, 1973, she is a community organizer, civil rights activist, mother to Kaia Burke, and lacrosse player. Best known for her contributions to the Me-Too movement. It started around 2006 but had gained more notoriety around 2017 due to the trial of Harvey Weinstein. One of Tarana's biggest accomplishments include participating in the 21st-century youth leadership movement at age 14, which aided in helping enhance the development of young community leaders. The main reason Tarana Burke should be included in this Women's History Month is that she gives a voice to the voiceless and makes it known that not everyone's story is the same. According to the article “Tarana Burke, Creator of

#MeToo, Says the Movement ‘Has Lost Its Way’ for This Reason”, by Una Dabreo said “She believes the only way to stop sexual violence is by reminding society that there is no typical story of abuse and that survivors can make powerful change together”. The more we look at this quote by Una Diabero shows how certain misconceptions of how abuse happens can make a harmful narrative on how it happens and not everyone can have these resources to go to.

Lastly, an honorable mention would be actor and singer Zendaya. Zendaya Maree Stroemer was born September 3, 1996. She is best known for shows like Euphoria, Spiderman, Shake It Up, and most recently Malcolm and Marie. Zendaya's accomplishments include being the youngest person to win an Emmy for outstanding lead actress in a drama series, being on countless best dressed lists for the Met Gala, as well as being listed on times magazine 30 most influential teens in 2015. Zendaya deserves to be a part of women's history because she's not afraid to address racial bias in the media, such as Guiliana Rancic's remarks to Zendaya's dreads. According to Constance Grady's article, “Why Zendaya is one of the brightest stars of Generation Z, Zendaya stated, “My wearing my hair in Locs on an Oscar red carpet was to display them in a positive light, to remind people of color that our hair is good enough”. This quote from Zendaya on her hair shows the already stigmatized way black women are ridiculed for their hair and it shows that people like her are trying to change that narrative for once. Zendaya later said in this article “To me Locs are a symbol of beauty and strength, almost like a lion's mane.” Both quotes from Zendaya show how no matter how big your platform it's always good to educate the misinformed and that's why Zendaya should be a part of women's history especially young women because often time young black women's voices are often silenced.



KCC CAREER BUZZ!

Weekly Newsletter



Welcome to KCC Career Buzz!

The Center for Career Development & Experiential Learning provides career counseling, career exploration, and employment opportunities for all students throughout their time at Kingsborough. Our newsletter aims to keep KCC students up to date on career announcements, hot jobs, internships, and career events. We are currently meeting with students online!

Please email us at careerdevelopment@kbcc.cuny.edu to schedule an appointment.

Follow us on Twitter at @KBCCCareer and on Instagram & Facebook at @kcccareersuccess!

WHAT'S THE TEA?

Have you researched the fastest growing careers lately? According to the U.S. Bureau of Labor of Statistics these following careers are booming and expected grow even more between now and 2029!

- Wind Turbine Service Technicians
- Nurse Practitioners
- Solar Photovoltaic Installers
- Home Health Aides/Personal Care Aides
- Physical Therapy Assistants
- Occupational Therapy Assistants

Learn about more the fastest growing careers here:

<https://www.bls.gov/ooh/fastest-growing.htm>

CAREER TIPS

The Four-Step Elevator Pitch

- 1 Start by introducing yourself**
"Hi, my name is Sara. It's so nice to meet you!"
- 2 Provide a summary of what you do**
"I'm a PR manager, specializing in overseeing successful initiative launches from beginning to end."
- 3 Explain what you want**
"I find the work your PR team does to be innovating and refreshing – I'd love the opportunity to put my expertise to work for your company."
- 4 Finish with a call to action**
"Would you mind if I set up a quick call next week for us to talk about any upcoming opportunities on your team?"

indeed career guide

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Campus News

Addressing the Elephant in the Room

Aspects Of Online Learning That Aren't Being Talked About As Much As They Should

By: Nastasia Gorea

A full year has gone by, from the time that just like everyone else, students around the globe got the most unpredictable email, stating that what they had known to be an unchangeable reality, would now be indeed, changed at 180 degrees. I believe that I am speaking for at least the majority of us when I say that this news was thrilling in the beginning. It came at a dramatically uncertain time, but amongst all the chaos, it was probably the most mind – easing consequence. But the world is round, and it showed us once more that what goes around, comes around. Our most favorite aftermath, has one year later become the most despised.

We approached remote learning with great eagerness and resiliency, but this mindset slowly changed when we began to realize that this alternate method of education was here to stay for longer than what we had originally expected. It is safe to say that last spring sprung differently in so many ways; the outside was suffering the beginning of a plague, but the inside was feeling hopeful. This spring, the tables have turned.

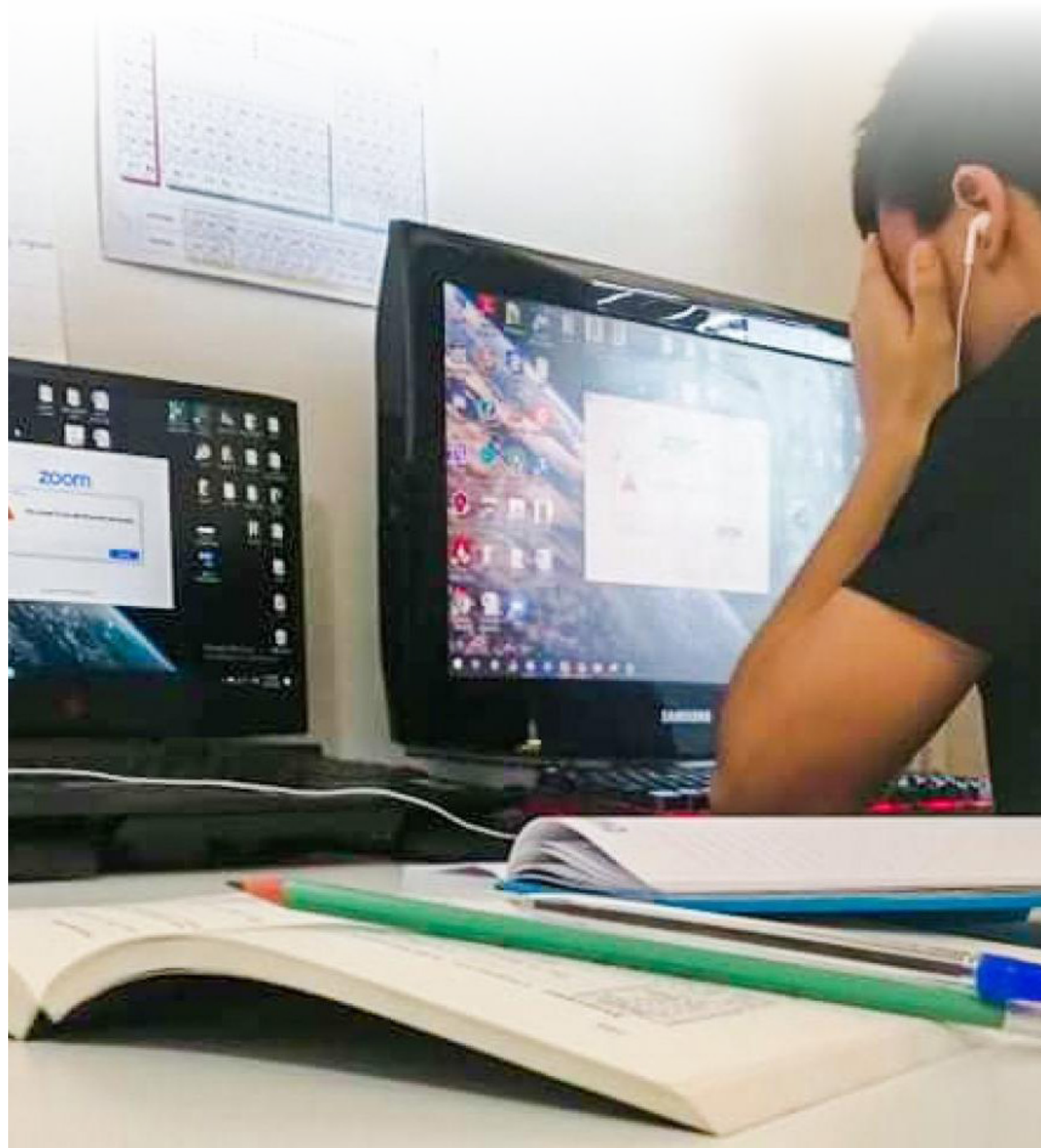
Let us be real to the core and call the truth by its name: No one is doing the best that they can anymore. Furthermore, maybe our concept of 'doing the best we can' has taken another meaning. Maybe it is not about the good grades, the unmatched effort for professionalism, or being on the run for hours and hours. Maybe it is the time when 'doing the best we can' is about pausing, and taking a breath. I have not been on my best scholarly behavior for a while now, (this is probably the third time in my attempt of writing this article) and candidly, I believe that our professors too, are not teaching to the best of their abilities. My statement is not about projecting blame or disrespect by any means, rather, it is about acknowledging emotional exhaustion.

You may notice that I used the word 'mindset' in the beginning, and this is when two concepts come upfront: the mind and the brain; the psychological and the biological. Great, let's talk mental health. What are the consequences? 'Social isolation, increased stress and anxiety, virtual learning fatigue' are mentioned in Pyramid Healthcare's article. Why do we experience these feelings though?

'Spending a significant amount of time online can fatigue both students and their teachers. Sometimes, this impact is referred to as "Zoom fatigue." Part of the reason a day full of video interactions is so mentally draining is because our brains are unable to process information in the way it's accustomed to. When we have in-person interactions, there are a number of non-verbal cues our brains process. These cues include: tone and pitch of voice, facial expressions, eye contact, and body language.

When it's difficult or impossible to pick-up on these cues, our brain must work harder to interpret the information that it's receiving. On its own, this can cause extra mental fatigue. When this is coupled with the constant self-awareness of being on-camera in front of others, stress levels can easily begin to rise.' The same article explains.

Does anything happen biologically in our brains as



physical organs when we are in front of a computer, compared to when we are in front of people? 'Several studies indicate that multi-method screen exposure leads to structural changes such as reduced volume of the cortex with loss of integrity pertaining to the white matter region (Takeuchi et al., 2018) and decreased grey matter in prefrontal regions viz. the right frontal pole and anterior cingulate cortex (Loh and Kanai, 2016). Such alterations, consequently, impede attentional competence, processing speed, verbal intelligence, and sustained attention, respectively. Additionally, searching, locating, and reading online content reduces the functional connectivity of regions around temporal gyrus, responsible for long-term memory formation and retrieval of learned material (Liu et al., 2018)' state Amrit Kumar and Alisha Arora, for the National Library of Health and Medicine.

While the effects are obvious, until we have no other choice, what can we do? Developing healthy habits

and setting a positive tone in our homes, are two of the most prevalent suggestions from professionals.

'Teens aren't known for having the best sleep or dietary habits. With disruptions to their daily routine from virtual classes, it's more important than ever to encourage healthy habits. A good night of sleep, a healthful diet, and regular exercise can help boost your teen's mood and have a positive impact on their mental well-being.' High Focus Scenter writes. They also proceed to say that: 'Cultivating a positive attitude within your home can make a considerable difference in the mental health of the entire family.'

Please remember that if any of these practices are not helpful to you, counseling services are available more than ever, as long as you have the wish to attend. Ask your parents, people you trust, or even professors and college advisors for information on how to access available sources, and approach with an open mind.

Good luck, and may the odds be ever in your favor!

CRISIS TEXT LINE |

Text **CUNY** to 741741.

About Crisis Text Line

Crisis Text Line is free, 24/7 support for those in crisis. Text CUNY to 741741 from anywhere in the US to text with a trained Crisis Counselor. Crisis Text Line trains volunteers to support people in crisis.

How Does It Work?

First, you're in a crisis. Crisis doesn't just mean thinking about ending your own life. It's any painful emotion and anytime you need support. So, you text us at 741741. Your opening message can say anything. Keywords like "HOME," "START" and "CUNY" just help us identify how people hear about us. The first two responses are automated. They tell you that you're being connected with a Crisis Counselor and invite you to share a bit more. The Crisis Counselor is a trained volunteer, not a professional. They can provide support, but not medical advice. It usually takes less than five minutes to connect you with a Crisis Counselor. (It may take longer during high-traffic times). When you've reached a Crisis Counselor, they'll introduce themselves, reflect on what you've said, and invite you to share at your own pace. You'll then text back and forth with the Crisis Counselor. You never have to share anything you don't want to. The Crisis Counselor will help you sort through your feelings by asking questions, empathizing, and actively listening. The conversation typically ends when you and the Crisis Counselor both feel comfortable deciding that you're in a "cool," safe place. After the conversation, you'll receive an optional survey about your experience. This helps us help you and others like you! The goal of any conversation is to get you to a calm, safe place. Sometimes that means providing you with a referral to further help, and sometimes it just means being there and listening. A conversation usually lasts anywhere from 15-45 minutes.

How Do Crisis Counselors Help?

Our Crisis Counselors bring texters "from a hot moment to a cool calm" using techniques in empathetic listening. Once they've built rapport and trust, explored the issues, and established the texter's goal, they collaboratively problem-solve to help the texter come up with a plan to stay safe.

Who Are the Crisis Counselors?

Our Crisis Counselors are dedicated, trained, supervised volunteers from around the United States. After a rigorous multi-stage application process, background check, and training program, each commits to volunteering 4 hours a week until 200 hours are met. Supervisors (staff who all have Master's degrees in a relevant field, or commensurate crisis intervention experience) oversee the Crisis Counselors.

Is Crisis Text Line Confidential?

Yes. Crisis Counselors only know what texters share with them, and that information stays between you, unless sharing it with emergency services is absolutely necessary for your safety. We take your confidentiality seriously. Check out our Terms of Service [here](#).

FAQs

FAQs are located [here](#).

How to Get the Right Job for You, Right Now

Talking Through Professional Options With KCC's Career Services

By: Ksenia Kostelnyy

It is hard for students who are about to graduate or transfer from community college to picture what exactly the next step would look like. If you are transferring, you probably have a better understanding of what your life will be for the next two years or at least have some kind of plan. But, a lot of times people go to community colleges for a career change, to put some skills under your belt, and eager to enter the job market as soon as possible.

However, this next step can be intimidating because of the complexity of the process of getting a job. I, myself, am one of these people who came to Kingsborough -a bit over thirty- for a career change but without a particular plan for years ahead.

Fortunately, I was lucky enough to be chosen to participate in one of the pilot cohorts of a wonderful UX design certificate program that is now a part of the Kingsborough education program. I felt like I had a lot to offer to the world but there was still one big problem I faced – an outdated and unprofessional resume with no cover letter.

I started monitoring the jobs that appeared on platforms like Indeed, LinkedIn, and a couple more. But every time I saw something that would be a good match and would interest me, I would have this flash of anxiety from just thinking about the amount of work I need to put into rewriting my resume and all the questions I had. I needed to do so much research in order to make it look ok.

In one of the cohort meetings, I was reminded that the college actually has a Career Services Office and they are there to help students with those exact questions. I was introduced to Marisa Joseph, the Director of Career Services at the Center of Career Development and Experiential Learning, and was able to shortly schedule a meeting over Zoom.

It was a great pleasure to meet Marisa and share all of my questions and concerns. The first thing that she advised me to do was to take an assessment called "Career Coach". That way, I could find out my top traits and the fields that would be the best match for my personality

and interests. We had the following interaction.

Ksenia: "Marisa, in your opinion, when should students contact the college Career Services for help? Do they need to be nearly graduating and have skills in a particular field?"

Marisa: "Ideally, they should contact us as soon as they step on campus grounds for the first time. The reason is that students may not realize what their traits are, and end up choosing a major that might not be right for them in the long run. Often we can help by showing them some new job fields that this person had not thought about. Also, sometimes it helps to choose the right major right away and avoid the possibility of going in the wrong direction."

Ksenia: "That sounds like a great idea! Can you give me and our student readers some points on building their resume? I know it is a very individual process, but maybe there is a general advice on how to start and stand out?"

Marisa: "Although the test is able to highlight your biggest personality traits, you know yourself and you can choose the field that you prefer, keeping in mind your interests and values. What you definitely need to do is take a closer look at what your transferable skills are, which usually are personal skills that could be either natural or developed and that can be transferred from one field to the other. Those skills are something that you want to highlight even if you do not have experience in the field you want to enter. Those skills could show a potential employer that you are comfortable working in a team or have a customer service experience even if the area of service was different. Also, I would highly recommend everyone to try to find an internship in a field of your interest while you are still at school. This will give you a glance at what the job in the field really is and because those are usually not that long, you can quickly develop an understanding of whether or not you want to work in that field or choose that career in general. Another good outcome of an internship could be a potential move to a permanent position in case you liked the job, and the company had an opening at a time.

A lot of times it is easier to get a permanent position after being an intern at a company and doing a good job."

Ksenia: "Thank you so much Marisa! It was a great pleasure working with you on my resume and I have a much better understanding of a starting process."

After taking the Career coach test, I had Marisa look at my resume. She was a great help in editing it. She helped me add, word and place a lot of different skills and abilities as well as shape the existing text. After working with her, I became much more confident about applying for job positions in graphic design, UX design, and marketing that I was studying and aiming for.

I was also very pleased to find out that my personality matches with a teaching position of some sort (if I were to get a higher level of education). This was always something that I had in the back of my mind, but I still have a lot of work to do.

This makes me think that we all subconsciously chose the things that we could potentially be good at and with just a bit of guidance in the saturated job market of today, we can use our best qualities to have our dream job. The happiest person is the one that loves their job and has a perfect work-life balance. So, the happy life could start here, at Career Services, no matter what your current job or school situation is.

Marisa also provided me with a couple of great paid and non-paid internships that I could apply for right the way. It was great to find out that Kingsborough Community College has an opportunity to supply students with some internships that are only open for you if you are a student.

If you are graduating this year, or you have just registered for your first semester, please contact Kingsborough Community College Career Development: <https://www.kbcc.cuny.edu/career/index.html> In addition to the personal work with each student there are workshops and seminars featured on their page, where you can also find resume templates and tips on how to make your LinkedIn profile more professional looking to the recruiters.



Amy Karp Interview

By Maggy Pasho

What does it mean to be who you are? Oftentimes, people define a person by what they are than who they are. Due to this, navigating what it means to be who you are becomes skewed. Amy Karp, a professor at Kingsborough, understands this reality. This is a conversation about American assimilation and intersectionality, particularly about women and culture.

Assimilation is when a marginalized group of people integrate into the dominant culture, such as Jewish people having to integrate into a society that upholds Christian values. Members of marginalized groups can strive for assimilation as a method of survival. However, assimilation is not as simple as changing the way you behave.

For example, the value of women is predicated on their bodies. When a woman does not fit the Eurocentric beauty standards of America, that can immediately keep them from being able to assimilate. "It's like standing in the doorway and no one really wants to let them in" says Karp.

Additionally, the perception of the woman can be affected by the stereotypes that represent their culture. "If we're from a culture where people think that the women are "obnoxious" or "too pushy" [and] if a woman doesn't manage to make herself incredibly small, anytime she speaks, right before she even speaks, people are assuming she's going to be aggressive, bitchy, etc." Professor Karp goes on to say, "She's going to be treated in a certain way."

Along with that, there now may be an internal

struggle between American standards and the woman's cultural standards. Sometimes, the American standards can win. "We're making decisions on a daily basis, mostly not conscious decisions about how to negotiate [our body shape or size], I think particularly for women from a culture where a bigger body is seen as more attractive, you might now consider a diet for the rest of your life in the United States.

So, when you are navigating your gender, your culture, and the environment you are currently in, self-identity can start to dissolve. No one should be defined by what they are but what you are is a part of you. When you strive to fully assimilate, you might end up hiding parts of who you are. Even when assimilation might not even be possible due to obstacles like your body.

There is a COVID Print on All the Faces of New Yorkers.

Photos by Shirina Yusupkhujeva.



Wellness

Take a Deep Breath

The Benefits of Meditation

By: Alyssa Colon

Meditation has changed my point of view on life. It gave me a moment to take a step back, breathe, and give myself peace of mind. I wish I would have done it sooner but it's never too late to learn, especially for you. Here's why you should start.

Many people are meditating now more than ever due to the pandemic. It gives them a sense of relief and helps with their mental health. By meditating once a week or more for a month it will become a habit in your everyday life. With it, has a tremendous amount of benefits.

With everything going on in the world and my personal life, I was juggling a lot. With classes, work, assignments, etc. This was causing me to get bad anxiety and stress. My mental health was not in the right space. I needed to do something that would get my mind off of everything in a safe healthy way. So, I started to meditate. Within a week I started to feel like myself. I loved the feeling of stopping everything that I was doing and taking a moment to focus on my breath and my mind.

Meditation can reduce stress. It can produce a state of relaxation and calm the mind. If you can meditate everyday for 5 to 15 minutes and focus your attention. It will reduce all the thoughts you had running around your mind from school or work which might be crowding your mind. This allows you to just focus on yourself.

Meditation can help with anxiety. When having anxiety it's as if you're on this ongoing treadmill that won't stop. Your heart rate starts to go up, you are overwhelmed with thoughts. By doing some mindful meditation it allows you to catch your breath, and get some perspective. This won't free your problems, but it will allow you to accept those problems and learn how to cope with them.

Meditation enhances self-awareness, You develop a stronger understanding of yourself which allows you to grow into your best self. This can also help with your problem solving skills. By being in a calm quiet setting with just you and your thoughts. You can learn a lot about yourself. With meditation, you can enjoy your own company.

Meditation can increase your imagination and creativity. If you feel a lack of motivation meditation can steer you into the right path of endless creativity. This is where your conscious mind flows and many ideas will start coming to you without you even realizing it.

Meditation allows you to focus on the present. We all have a busy schedule with school, work, family, friends, etc. We can sometimes forget to just appreciate the time we have now and just enjoy the moment. By meditating you are able to stop everything and appreciate the little things in life. And just enjoy your presents.



"The goal of meditation isn't to control your thoughts. It's to stop letting them control you" -Dan Milman

Meditation is a good practice for focusing, concentrating, and bringing yourself back into the moment. Sometimes we need to learn how to maintain our mental state. Many people

will exercise their body but forget about their mind. And without having a good mental state it can be hard to focus on other things. Meditation is good for the body, mind, and soul.

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What Is Toxic Parenting? And How Victims Can Deal With It

The Effects of Toxic Parenting and How We can Better Our Situations

By Andre Rickman



As a survivor of toxic parenting, I know what the excuses made for it are, such as it being “tough love” rather than a form of abuse. The ideology surrounding it as “tough love” enables parents to believe that they are superior to their children and helping them. In actuality, they are hindering our developmental processes and making us perceive the world how they see it and not how we as our individuals can see it.

Toxic parents are the way they are based on their traumatic experiences growing up and how their parents showcased the world to them. Eventually, they use those teachings to influence their children. As teenagers and young adults, we are usually accustomed to one way of learning and sometimes we do not know that these teachings do more harm than good.

The basis of this article is to understand the effects of toxic parenting and the mindset of a child going through such abuse. While abuse can be entirely overt, some people face more privatized trauma including Delande Edmaelle. Edmaelle, 20, a student at Brooklyn College, speaking about toxic parenting said, “Stand up for yourself. Toxicity starts from an early age. It’s not disrespectful to ask for respect from those who did the bare minimum.” They continued, “Be true to yourself. Everyone thought about me one way, but I don’t have to be conformed to that one thing.”

When it comes to toxicity within a toxic household, whether in a dual or single parent household, it starts within the family dynamic. “Toxic parents – Parents who do unloving things in the name of love” written by Blaz Kos best explains this ideology. According to Kos’ article, “In toxic families, the rules are based on a bizarre and distorted perception of reality, putting children in a place where they can be easily abused.”

Some examples of toxic beliefs are “Children

should respect their parents no matter what, it is wrong for children to be angry at their parents.” Another article that helps in trying to understand toxic parenting and understanding our voice and what we can do to combat those behaviors is “Understanding and Dealing with Toxic Parents and Co-Parents” by Ashley Marcin.

Marcin’s article discusses some rules we can establish in response to these unjust behaviors.” One, rule setting boundaries” Marcin emphasizes “make communication about boundaries clear and consistent [because] It’s OK to say NO to your parents if they have gone too far.” A key point made is to, “Be straightforward with the boundaries you define - your toxic parent may not be happy being told what to do (in fact, pushing beyond your limits is likely one of the ways they are toxic!), they will lose the ability to push you past your breaking zone.”

With advice taken from both Marcin and Kos’ articles, individual members of the audience that suffer from parenting of this type are equipped with knowledge of what to do when communicating with a toxic parent. This instills courage in victims to not feel so afraid to call their parents out on their behavior.

Statistics showing how toxic parenting is taking a toll on our adulthood are included in an article from Mental Health America. “More than half a million people have reported signs of anxiety and/or depression, with Sept. reporting the highest rate of severity since the start of the pandemic,” a view into the prevalence of toxic parents is shown. “Anxiety screens were up by 634% from January and depression screens were up 873%”.

Another article showing the effects of being emotionally abused in a toxic household titled “Childhood Psychological Abuse as Harmful as Sexual or Physical Abuse” by Joseph Spinazzola. According to Spinazzola’s article, “The majority

(62 percent) had a history of psychological maltreatment, and nearly a quarter (24 percent) of all the cases were exclusively psychological maltreatment.”

A quoted statement from Spinazzola’s article that can strike a chord with anyone who has been mentally or emotionally abused would be “Child protective service caseworkers may have a harder time recognizing and substantiating emotional neglect and abuse because there are no physical wounds.” The reason why it would struck this cord because authorities

A synopsis of toxic parenting shows that it starts from the family system. The mental health toll it takes on children is significant. The half a million estimate says something. However, help and recovery are always available. One of the best ways to get help and advice concerning living with and having to deal with the after-effects of being a victim of a toxic parent would be talking to a counselor. One counselor at KCC is Joanna Agnello. Speaking about resources for overcoming toxic parenting, it’s apparent that “it’s okay to seek mental counsel in the search for some great therapists and learning that your feelings are valid”.

Finding comfort in that one friend or family member you have communication with is also key. As stated by Chris Rock, “it’s important to have someone to talk to.” He continues, “One of the most important parts of being human is having the ability to communicate your feelings and emotions.”

The main takeaway people should take from this article is that toxic parenting is an abuse risk impacting our youth as are those of physically harmful characteristics.

If you or anyone needs help dealing with this issue, some hotlines include: SAMHSA, 1 800- 662 –4357, opened 24 hrs. a day information service and National Alliance of Mental Illness, 1-800-950-6264, 10 am – 6 pm Mondays to Fridays.

Ballokume: A Recipe of Tradition

Celebrating Albanian Spring Day

By Maggy Pasho

You're talking to a friend on the phone when you notice something. You notice the smell of something sweet. The aroma travels to your nostrils and graces your body with a warm hug. Could it be? You realize the 14th of March is coming. Your mom is making Ballokume!

Ballokume is a thick and large cookie originating from Elbasan, a city in Albania. It is made for Dita e Verës, Albanian Spring Day. Normally, you would get together with friends and family to celebrate but due to the pandemic, this can't be done.

People would throw parties, go to a picnic, and have festivals. Young girls can be seen making bracelets out of violet flowers, which symbolize the coming of spring. Mothers and housewives would compete to see whose ballokume is better. If you were able to go to school, you might bring some ballokume to share with your friends and Professors. It's a tradition to share ballokume with your friends and family.

The joy that comes from breaking that thick cookie and biting down to that soft center is like no other. Although we can't celebrate Dita e Verës in person, we can still spread the joy of making and eating ballokume. Here's my family recipe for ballokume.



Ballokume (<http://thebalkanista.com>)

INGREDIENTS

8 eggs
500 grams of butter
1 kg sugar
1 kg of corn flour
A handful of corn starch
Milk that fills up half an egg shell



Spring is in the air! Dita e Verës! Photo by The Balkanista (<http://thebalkanista.com>)

You heat up the butter until its melted. When there's a yellow residue on the top of the melted butter, remove it. Put the melted butter and sugar in a bowl. If you want to do it the way Elbasan Albanians do it, put it in an enë bakri. Enë bakri is a large, metal bowl. Stir the melted butter with sugar until the sugar is completely dissolved. You should get it to a foam like texture. You can put it in a mixer or you can do it the traditional way and stir it with a wooden spoon. The traditional way is much longer than just putting it in a mixer.

Once it's a foam consistency start putting the eggs in one by one. It's very important that you put the eggs one by one (not together) and mix each one for 3 to 4 minutes. After that, keep mixing until the foam consistency comes back. Start adding milk and throw

a handful of corn starch in the mixture.

After you put the corn starch, you can start slowly putting the corn flour. Do not mix the corn flour with a mixer, you need to mix it with a big wooden spoon. Once you've finished slowly putting the flour in, it should be a dough consistency. Keep some corn flour to the side just in case and let the dough sit for 10 minutes.

Depending on how thin or thick the dough is after ten minutes, you may need to add the corn flour you put to the side. Once it's the right consistency, pre heat the oven to 350. Get a pan out and spread butter over it so the dough won't stick. Roll the dough into large balls and put them on the pan. Bake the pan for about ten to fifteen minutes or until they turn golden. You now have some delicious ballokume!

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To make a counseling appointment click on the link below <https://www.kbcc.cuny.edu/counselingservices/CounselingAppointment.html>

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On-campus hours and extended hours

The Health Center offers partial on-campus hours Tuesdays and Thursdays from 9am to 5pm and remote services on Mondays, Wednesdays, and Fridays from 9am to 5pm.

The Counseling Center offers extended hours on Mondays and Tuesdays, from 5pm – 7pm. The last appointment on Mondays and Tuesdays is at 6pm.



Entertainment

Malcolm and Marie Review

A Solid But Not Perfect Watch

By Maggy Pasho



Malcolm and Marie is a film that was historic before shooting even started as it was the first movie to be scheduled and made during the pandemic. Written and directed by Sam Levinson (the creator of Euphoria) and starring big names like Zendaya (who also stars in Euphoria) and John David Washington as the titular characters, there was also buzz surrounding the release of the movie. Suffice it to say, although this may not be a perfect film, it certainly is a solid watch.

Malcolm and Marie is about a filmmaker who, after coming home from a successful movie premiere with his girlfriend, gets into an argument with her that's as long as a feature-length film. There is no external plot, no external characters, and no other locations. It is only Malcolm and Marie talking in a house. It feels like a play, something along the lines of a *Whose Afraid of Virginia Wolf* or *Cat on A Hot Tin Roof* except with the characters having a better sex life.

This isn't to say that this film is like these plays but rather that they have a similar feel and subject matter, especially with *Whose Afraid of Virginia Wolf*. One of the first things that stuck out about this movie is the cinematography. Shot in crisp black and white, it is stunning. From the high contrast lighting to the highly stylized shots, the cinematography showcases

the turmoil of the characters while also just being nice to look at. Marcell Rév, who is the cinematographer, is a force to be reckoned with. Speaking of forces to be reckoned with, let's talk about the actors.

Zendaya kills it. She shines most in the small and subtle moments. When she gives a look or slightly flinches. John David, however, shines in the big and dramatic moments. There's a scene where they're arguing while he's eating kraft mac and cheese. He is so aggressive with the way that he was eating, talking to Zendaya's character Marie, and reacting to her in a way that worked for that moment. He and Zendaya were able to bring some humor in that scene with the way they interacted with each other.

John David was also able to turn a character who probably would've been considered unlikeable, more likable due to his performance. Zendaya put a lot of heart into her character, she made Marie feel very relatable. John David brought a lot of energy while Zendaya brought a lot of sensitivity.

The dynamic between these two characters is very interesting, but it is not as delved into as it should be. As you keep watching the film you find out more and more about why what Malcolm did was so upsetting to Marie. You also get to see the lengths that Malcolm will go to hurt Marie. She may have started the argument, but he escalated it to an extent that it didn't

need to escalate to. There was a lot of thought in the reveal of certain information that aids in illustrating the situation but not their dynamic. We find things out that hint at something or allude to something, but it is not explored in the way it should be.

Some moments drag a little bit. There's a section where Marie leaves the house and Malcolm goes looking for her. Wasn't very necessary. There's also a monologue Malcolm gives in the middle that starts off kind of funny but then goes on for too long. Overall, the movie could've been a little shorter.

This is also a movie that may not be for everyone due to its lack of action and plot. The story structure is unlike other mainstream movies as it's told in cycles. Marie tells Malcolm why she's mad- they argue- they have peace for a moment and almost have sex but then either Malcolm says something to ruin the moment or Marie realizes she's still upset about something or has something new to say- Marie tells Malcolm why she's mad.

Overall, the film was made with intention. The actors were incredible, the cinematography was stunning, and Sam Levinson's direction was very good. Although some things are lacking from the portrayal of the character's dynamic and the movie could be cut down a little, it is still a very interesting watch. Maybe don't watch this with your partner though.

K-Pop Enters the Gaming World

Innovations In The Marketing World

By Emily Liu



POP/STARS Album Cover

champions (playable characters), consisting of Ahri, Evelynn, Kai'Sa, and Akali. The main voices behind Ahri and Akali are members of real life K-pop group (G)I-DLE, with Mi-yeon voicing Ahri, and Soyeon voicing Akali. Evelynn and Kai'Sa are mainly voiced by Madison Beer and Jaira Burns. As they're four of the most popular champions played, clearly it was very popular with many fans.

Each were released with skins (cosmetics in League of Legends) pertaining to the outfits they wore in the music video. It quickly blew up and became immensely popular, enough for them to release an EP "ALL OUT" with four new songs last year, and "More". With "More" featuring a new champion, Seraphine. Seraphine is voiced by Lexie Liu, a Chinese singer and rapper. The newest addition to the pop group, she sang in Chinese and English - something never seen before in a K-pop song.

Seraphine faced a lot of backlash as the newest champion released because of her questionable lore (backstory). Her original lore said she uses one of the souls of a decimated species, the Brackern in League of Legends to power her floating stage. This of course, did not sit well with many league of legends players because of how similar it seemed to slavery. Although they've patched up her lore now, people still can't seem to forget her first lore. It was tasteless,

and many people were rightfully offended by it.

Another reason why is her uncanny resemblance to Sona, an already created champion in both gameplay and theme. Seraphine was made simply for K/DA and not the League of Legends world. She is one of the most hated champions released, breaking records as the most hated spotlight video (Official video released by the League of Legends YouTube channel to showcase a champion). It's clear why Seraphine is quite unlikable, but her K/DA theme is bearable. Her story of a teenage girl getting to realize her dream is no doubt, quite touching to many and Riot milked that. In fact, they made a whole social media persona for her.

Other than the introduction of Seraphine, K/DA has had an overwhelmingly positive reaction in the past few years. They see immense success with "MORE" having over 79 million views on Youtube. Still, their first single "POP/STARS" tops the charts, with close to 500 million views on YouTube alone. Their songs are perfect in a K-pop producing sense, they create a sound that is out of this world and there's no doubt that their group attracts many fans. Needless to say, creating a music group to sell skins is an exceptionally perceptive marketing tactic. It's a successful and innovative idea that makes many empty their wallets. Of course, the songs are clearly a plus, after all, who doesn't like catchy songs.

Originally released by RIOT in 2018 during the League of Legends World Championship with the original single, "POP/STARS". K/DA is a virtual K-pop group made up of four themed League of Legends

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