

Baruchkicksoff2019fallsemesterwith‘Welcome Week’festivities



The Baruch College Club Fair was held on Aug. 29 in the Main Gym of the Newman Vertical Campus. Students were able to enjoy the music, food and fun while learning about various clubs and organizations on campus.

BY YASMEEN PERSAUD, SHEIK FLORADEWAN AND NOAH FLEISCHMAN
THE TICKER STAFF MEMBERS

Undergraduate Student Government and Baruch College rang in the 2019 fall semester with its annual “Welcome Week” festivities. The events, which included the annual Club Fair, a Loft Party, “Treat Yo Self” and, arguably the most important event, “Nuggets,” which featured free chicken nuggets, were designed to welcome new first-years to the school and ease them into their time on campus while welcoming back returning students. Read more about the “Welcome Week” festivities and the highlights of each event in *The Ticker’s* spread on pages 4 and 5.

STORY CONTINUED ON PAGE 4

USG executive board shares its goals for upcoming school year

BY AMANDA SALAZAR
ASSOCIATE NEWS EDITOR

With the first week of the semester completed, Baruch College’s Undergraduate Student Government President Dakshatha Daggala and Executive Vice President Joshua Castillo revealed to *The Ticker* their goals for the current academic year.

When POP! — which stands for “Power of the People!” — was running for the 2019-2020 USG, they emphasized one of their goals was to focus on student body engagement and to have the senate members be more civically involved in CUNY politics at a state level.

The Ticker asked Daggala and Castillo if their goals have changed since then to which Daggala said it has not.

STORY CONTINUED ON PAGE 7

OPINIONS

Beyond meat movement gains traction among fast-food retailers

In recent weeks, popular fast-food company Burger King’s television commercials have shifted from promoting their new “\$1 tacos” to the next newest addition to their menus: the Impossible Whopper.

The Impossible Whopper is prepared like their regular Whopper burgers — except that the beef patty contains no meat. It’s a plant-based burger from Impossible Foods Inc. made of soy protein and coconut oil, among other ingredients, CNBC reported.

STORY CONTINUED ON PAGE 6

Baruch College clinches second place in Money Magazine's “Best Colleges for Your Money” ranking

BY ANACAONA RODRIGUEZ
STAFF WRITER

This August, *Money Magazine* published its annual list of “Best Colleges for Your Money,” a ranking of colleges based on quality and affordability. After analyzing more than 19,000 data points and over 700 colleges, the list landed Baruch College in second place.

STORY CONTINUED ON PAGE 8



Vice President and Dean of Students Art King leads a first-year seminar class, a requirement for all incoming students in Baruch, on Convocation Day. Check out more coverage of Convocation Day in *The Ticker’s* spread on page 2.

CONVOCATION



HEADER GRAPHIC BY JOEL C. BAUTISTA

EACH YEAR, BARUCH COLLEGE OFFICIALLY INDUCTS INCOMING FIRST-YEARS DURING CONVOCATION DAY, AN ALL-DAY EVENT CONSISTING OF NEARLY 12 HOURS OF PROGRAMS, WITH EVENTS AND ACTIVITIES CENTERED AROUND BONDING AND BEARCAT PRIDE. THIS ACADEMIC YEAR HAS THE LARGEST INCOMING CLASS IN BARUCH'S HISTORY, WITH OVER 2,200 FIRST-YEAR STUDENTS ENROLLED, PRECEDING LAST YEAR'S INCOMING CLASS OF APPROXIMATELY 1,650 STUDENTS.



“I enjoyed hearing Akhil Sharma’s speech because it was honest and straight up about his career and his struggles about always worrying . . .

My favorite part of convocation was the talent show and I loved fusion’s act and the speed activity we did in the gym with all the freshmen because I got to know a few people that I otherwise probably wouldn’t have approached on my own given the size of the incoming class.”

— Saifa Khan



USG goals: A new focus on legislative matters

CONTINUED FROM FRONT PAGE

“Definitely not. This is what I wanted to do and this is what I am doing. I think they are subject to change but not change in the sense that I’m not gonna pursue them, but my priorities within the goals might change depending on what the students want,” Daggala said.

“If a student comes up to me and is like ‘I would like you to focus of immigration issues,’ then that’s what I’m gonna focus on that,” she continued.

For now, Daggala said she is focusing on increasing legislative awareness through voter registration drives.

Additionally, she wants to make sure that students are utilizing the resources available to them at Baruch by being able to cater to both students who want to get involved in club life and those who just want to go to class and leave.

In terms of having the senate members be more civically involved in CUNY at a state level, Daggala explained that because they were busy planning Convocation Day during the summer for the largest incoming freshman class, they did not have the time to focus on getting their senate members involved in legislative affairs.

“We still plan on having our senate be engaged in local politics and we will start with letters to our legislatives in September,” Daggala said.

Castillo added that they are currently meeting with the Director of Government and Community Relations, Eric Lugo, about

the best way to move forward with civic engagement on campus and figuring out the best system for getting the senator’s letters written and sent out.

The letters to senators are written as part of Baruch’s lobbying efforts to advocate for the need to allocate an urgent \$25 million for the Lawrence and Eris Field Building at 17 Lexington Avenue.

Each year, USG selects student delegates to attend the annual New York State Association of Black and Puerto Rican Legislators Conference to lobby and advocate for CUNY related issues — one of which includes allocating enough for the renovation of 17 Lex.

Daggala also expressed that she would like to go to Albany in a “non-Albany trip.”

“I feel like the more we go, the more they get to see our faces, the more they get to hear our opinions. Also, the Albany trip is a little bit formal and fun for them as it’s a weekend for senators to enjoy but we’re there to get out get what we need done,” Daggala said.

“If we go in a more legislative setting, like their offices, and setting up meetings with them, it would be more effective.”

As for their other goals, Castillo explained that he wants “student to know that they have a central resource that they can go to for anything that they need as a first-year student, as a transfer student, as a graduating student.”

Currently Castillo is working on Homecoming, which will be held in September.

In addition to student giveaways and “of course voter registration polls,” he emphasized.

Out of 98 first-years sampled, only 56 students read the required reading

CONTINUED FROM FRONT PAGE

According to a previous article from *The Ticker*, the first-year texts are decided upon by a committee within the school, and “factors such as the story’s teachings, the complexity of the text and the characters themselves are all considered when a selection is made.”

The goal of the first-year text is to connect all of the first-year students, as explained on the “New Student and Family Programs” page of Baruch College’s website.

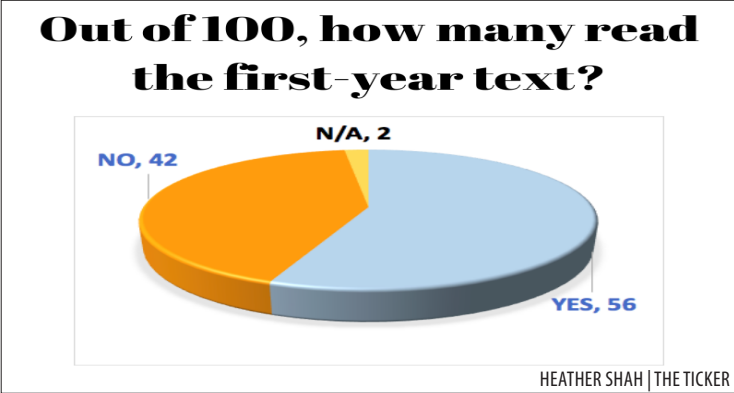
All incoming first-years are different, coming from different schools and hometowns, with different interests. Something that is synonymous between all of them is that — in theory — they all read the book.

While that is the goal, it isn’t up to par to the extent that the Division of Student Affairs would like it to be. That’s because there’s a large percentage of students that opt to not read the required reading.

In fact, the results of a print survey distributed at random during Convocation Day on Aug. 26 found that only 56 students out of 100 sampled actually read the book, either in part or in whole.

Another 42 sampled first-years admitted to not reading the book. The remaining two surveys were unable to be found at the time of counting. It is important to remember, however, that this survey was not exhaustive and does not reflect the numbers of the entire class.

A second *Ticker* survey, this one an online Google Forms survey, was published with the intent of collecting responses from students to two questions: why they chose to either read or not read the book, and what their opinions of



the novel were.

The overall consensus among students who read the book was that they did so because it was required.

“I read it because a) had to, b) as it turns out quite interesting and informative,” first-year Tshetrim Lhendup said.

However, a few first-years shared their reasoning for not reading it.

“It was summer, so I decided to enjoy my time before a stressful school year,” Tina Sengal said.

Many students who took the survey indicated that they liked the novel, for some the reason being that they related to it personally.

“It was enjoyable as it was quite easy to relate to it as my parents are also immigrants,” said student Jason Lin.

“The expectations placed on me as a child of an immigrant was quite similar to the book as I was also pushed to do the best that I can.”

On the other hand, some students had some trouble relating to Sharma’s story.

“I enjoyed the book, wasn’t that relatable but I still felt that I

could’ve connected with the author,” Christopher Alvarez said. “Seeing the author in person was nice and he did give out a great speech as well.”

Other students, though, did not enjoy the book, like incoming first-year Oleksandra Kurbanova.

“Book for disappointing (sic). Main character just kept talking about his own struggle without getting to any sort of reallocation or growth,” she said.

“Author was absolutely irrelevant, with his speech consisting of one chapter of his book (what’s the point of the speech if we supposedly already read it). He seemed extremely arrogant and [then] he compares himself to Hemingway is laughable.”

While some students really liked the reading and some didn’t, there were others who were a little more lukewarm about it, not loving it but also not hating it.

“It was alright, but pretty typical for a school text,” said Kyle Richards. “Wasn’t revolutionary or eye-opening or anything of the sort. The author sort of just repeated a lot of stuff from the book, but he was enjoyable nonetheless.”

Got the right stuff to write stuff?



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Baruch College's Undergraduate Student Government hosted "Welcome Week" to kick off the new semester with some excitement. Over the course of the first week of classes, there was a variety of activities and events. Each day had one event, except for Monday which had none due to convocation and Thursday which had two events. The goal of "Welcome Week" is to help ease students back into the rhythm of school with a little fun.

Treat Yo'Self!

by Yasmeen Persaud

Patient Baruch College students filled the second-floor lobby, this time waiting for a sweet treat rather than a broken elevator.

Baruch's Undergraduate Student Government kicked off "Welcome Week" with their first event, "Treat Yo'Self" on Aug. 27. The event offered students free ice cream courtesy of Milk and Cream Cereal Bar. The event acted as a jumpstart to many USG events being hosted throughout the year, making students very hopeful of going to future events, and even joining USG.

"I'm planning to look into more USG events and even [joining] it," freshman Cynthia Lee stated before grabbing her treat.

The background of this event was the cherry on top — the manager of Milk and Cream Cereal Bar was a former student at Baruch. This posed as a great opportunity to showcase hard work in a delicious fashion to students.

"I thought this would be a great chance for someone that [went] to Baruch to come back and serve at Baruch," Vice President of Student Affairs Tony Chen said.

Fifteen minutes before the event started, a myriad of students already flooded the second-floor lobby past the Office of Student Life. USG members were busy filling up tables with ice cream and toppings, the eight toppings ranging from a classic Oreo mix to a popular breakfast cereal.

"I'm expecting good quality ice cream," Sophomore Amber Chau said.

While students only expected a scrumptious serving of ice cream, Briana Staten, vice president of academic affairs, hoped for students to get more out of this experience.

"I'm hoping that a lot of first-year students experience what USG is all about," she stated.



Oh, Snap!

by Sheik Floradewan

On Wednesday, Aug. 28, Baruch's Undergraduate Student Government had their "Oh Snap!" event in which students were able to take Polaroids in the second-floor lobby.

Students lined up with their friends in a line that spanned out to the front of the seats to the right of the escalators.

There was a Baruch College backdrop setup for students to pose in front. Bernie the Bearcat was also hanging around for people who wanted photos with him.

"I love Polaroid photos, and it's my first week at Baruch so I wanna take a picture with the Bearcat to look back and remember," said freshman Farrah Iqbal.

Even older students of Baruch came out to the event, such as Jaelene Valadolid.

"I'm a senior and I take a Polaroid picture with my friends every semester so I'm just trying to keep the tradition alive before I graduate," she said.

Club Fair

by Yasmeen Persaud

Students eagerly rushed from class to attend Baruch College's first club fair of the year hosted in the main gym on Aug. 29.

The event allowed for all students to meet and greet club members, enjoy music and socialize with friends.

Each club found this opportunity as a way to pitch why students should join and support their club.

Julius Joy Caroline from The Caribbean Student Association described this as an opportunity to show that her club was a place for fun, despite the hard work faced in a day of college.

"CSA is a vibe, that's how I would describe it and that's how it's perceived. What we bring to the table is a place to relax and connect," she stated.

Clubs took the time to greet students as they walked into the gym, handing out catchy flyers in order to get students involved.

"The event was really fun, you could tell there was a lot of energy and people were trying to get everyone else involved," freshman Kat Jackowicz stated.

Past club members also took the opportunity to show support at one of the biggest recruitment events of the year.

"I came today, because last year I was President of the Dominican Student Association and I came here to support them," senior Derek Vasquez stated.

"I know today is a big day for incoming students and helping to expand organizations."

The clubs at Baruch emphasized the concept of integration and unity at the club fair, drawing in students to be a part of something great.

"We set up today so that we can raise awareness, grab in some freshman and make the club bigger," Baruch United Sikh Association President Tandeep Kaur Sawhney said. "It's a huge family."





Loft Party

by Yasmeen Persaud

The Multipurpose Room welcomed a night of games galore and fun with friends on Aug. 29.

The Undergraduate Student Government of Baruch College hosted a loft party, the last major event of USG Welcome Week. The event aimed to please with a long list of activities ranging from playing giant games to taking pictures in a photobooth.

The event seemed to be a hit with all students, but particularly made quite the impression on freshmen.

“Putting games was a really smart choice for [USG],” freshman Mario Leonbivanco stated.

“Instead of just sitting around [at tables] and looking at each other’s faces, we got to connect through games.”

After a long day of classes, students enjoyed playing games such as chess and connect four, and danced to the latest hits with friends.

Member of Campus Affairs Erika Cumbe described that the event encouraged the integration of all students at Baruch.

“There’s definitely a lot of Baruch school spirit going on and I think that’s the right thing to start off the year with,” she said. There’s a bunch of freshman, sophomore, junior and senior interaction right now which is great because it shows that Baruch is open with a lot of grades.”

The atmosphere of the loft party felt alive. Students were encouraged to come out all week to this event, and the zest that this event brought made them look forward to more events.

“I came out to [this event] because people told us to come, compared to other events I’ve been through in the multipurpose room, this felt like an actual party with all the activities going on,” Senior Nusrat Chowdhury said.

Vice President of Student Affairs Tony Chen credits the planning and inspiration for this year’s event to last year’s vice president, Karen Lopez. Chen’s dedication to the event was influenced by last year’s loft party.



Nuggets

by Noah Fleischman


Baruch’s Undergraduate Student Government wrapped up their Welcome Week events with Nuggets, an event that served students free chicken nuggets and fries as well as vegan alternatives. The event took place on Aug. 30 in the Newman Vertical Campus on the second-floor lobby.

The event was well received by students, with a long line filled with smiling faces. The event gave students the push they needed to finish the week strong.

This was just one of the many events USG hosted last week, each aimed at welcoming both new and returning students to Baruch College.

USG’s events raised students’ spirits in the starting week of the fall semester, preparing its students mentally and emotionally for the semester ahead.



WEEK!

2019

Opinions

FROM THE EDITORIAL BOARD

Convocation day needs more preparation and organization

Convocation Day is a full day, mandatory event that aims to integrate first-year students to life on campus. While the idea of such an event does seem promising and necessary, the sheer number of people combined with the poor organization of the event is making the whole experience more intimidating rather than welcoming.

The size of the incoming class of Baruch College expands every year, and the facilities preferred on campus to hold a big event like convocation day are too overcrowded for new students to enjoy the activities that are aimed to entertain and inform them about Baruch. The organization in past years has made this event questionable whether it truly reflects school culture and spirit correctly and effectively.

The loud music in the lobby combined with club members cheering to recruit new members could actually be fun if there was enough space to move and breathe.

At this year’s convocation, student clubs were spread out on the second and third floors, and some rooms on the third floor were impossible to enter.

Clubs did not get an equal chance of presentation since the plaza is still under construction and school gyms more suitable to host these types of events were not used.

Timing was also a major issue. Unlike other years, when this convocation day was at least a few days prior to the start of classes, it was held a day before the first day of classes. Newcomers did not have any time to process the experience of Convocation Day without having to prepare for classes the next day.

Most of the day is spent with the classic ice breakers that freshmen have a chance to do at least a few times more during the semester in their First Year Seminar class.

The same ice breakers are done over and over with different peer mentors and sometimes with the same students. These activities should be replaced with more inclusive introductory activities, which is usually the intention, but not the result.

Convocation Day is an important milestone in becoming a college student. If more thought were put into this special day for the new students, considering that Baruch plans their calendars way in advance, then it would be a more memorable experience.

Journalists need to prioritize ethics

ABC’s *Good Morning America* co-anchor Lara Spencer made a comment about boys doing ballet while on air on Aug. 22, sparking a controversy that could have been avoided had she said nothing.

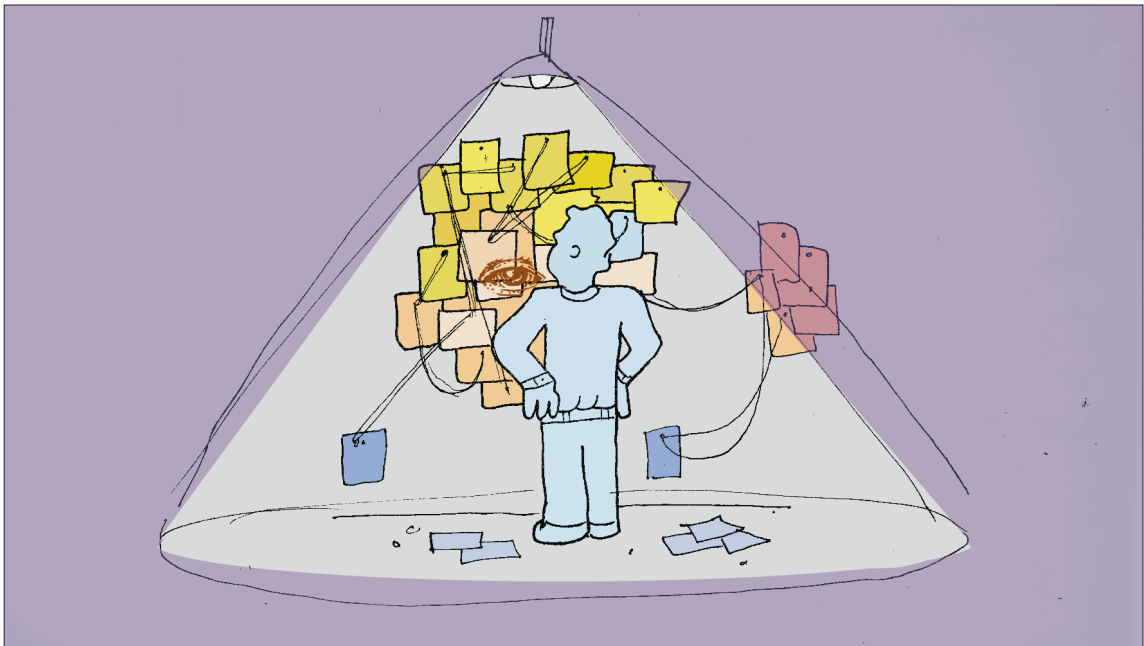
The statement came up when Spencer was discussing England’s Prince George’s passion for ballet and dancing, to which she said, “We’ll see how long that lasts.”

The entire situation could have been prevented if she remembered that she was doing a job and not sharing her views with friends.

It’s understandable that newscasters and other public figures want to be casual and entertaining so that the audience will continue to remain engaged, but it is important that they don’t get too comfortable.

Though a reporter may wish to seem relaxed and relatable to their audience, they must still behave as though they are doing a job — which they are — and they need to have that boundary between what they think and what they say on air.

No matter the station or channel, anchors need to display professionalism and uphold a certain level of media ethics. This still needs to be the case when covering softer topics, such as the story Spencer was discussing. We as a society need to continue holding our journalists to a higher standard of professionalism, even if it means our newscasters are a little more serious while on air.



JOEL BAUTISTA | THE TICKER

Conspiracy theories only threaten the truth of news organizations

When a high-profile celebrity or a controversial figure in the news dies, fans and critics alike both speculate about the life of this person, their last days and the impact that their death brings onto society or culture. With Jeffrey Epstein, however, his death seemed to be as controversial and puzzling as his life was.

Epstein, who was accused of child sex trafficking and was awaiting trial, was found dead in his jail cell at the Metropolitan Correctional Center in New York on Aug. 10. His death was ruled a suicide, and yet within days of the news breaking, people took to Twitter to state that his death was a political conspiracy, stating that people such as President Donald Trump, the wardens of the Correctional Center and even the Clintons were responsible for this happening.

People are still debating whether the moon landing actually happened, or if al-Qaeda was actually responsible for the events of Sept. 11, as seen in *The New York Times*.

In this case, however, it seemed like even people who don’t fall down the YouTube rabbit hole at 3 a.m. were dubious that Epstein’s death was as straightforward as news outlets made it seem. Part of it had to do with still wanting to seek justice for Epstein’s crimes, especially since he was able to avoid getting a stringent sentence for his sex crimes 12 years ago.

With him on the brink of being put away forever and allowing victims to finally have some sense of peace, and then that not happening is frustrating and unsatisfying, because it still felt like Epstein got the last word.

In many ways, it was easier to believe that somebody was still to blame for how the situation played out, as ridiculous as the theories became.

And that’s why political conspiracy theories are so attractive — they allow humans to come up with and believe an alternate explanation to one that might be unreasonable or not preferable. We want to believe that we aren’t terrible as human beings or as a society, and that there are only a few bad apples here and there. The theories also help us satiate our need to make everything “fit,” because the truthful explanation for a situation may not always be the most reasonable one.

This lack of reason is directly seen with Epstein’s case as well. He should have been monitored carefully every half-hour and placed on suicide watch leading up to his trial, because people saw this coming after Epstein allegedly injured himself a few weeks prior.

The fact that he seemed to have been left alone on the early morning of Aug. 10 and that the cameras near his cell were also malfunctioning raises suspicion in the prison

center and its guards, and whether they had any role to play in Epstein’s death.

Conspiracy theories prove that people are capable of independent thought and creative thinking, two skills that are important to have when people are constantly bombarded with news and information from all sides, and on all social media. Things shouldn’t always be taken at face value.

However, one must be careful before reading or creating a conspiracy theory, especially when it comes to politics.

First of all, they are usually very difficult to prove, and even if the logic behind the theory is solid, it really is just a theory and one of many versions of events that could have transpired.

The conspiracies could easily start to involve people who were not related to the story at all, and that can damage both the people being talked about in the theory and the people who are trying to find the truth and seek peace.

It’s fun to speculate about why a bad or a confusing thing happened out of nowhere in real life, but political conspiracies should always be discerned from factual, reported news; otherwise, there will be no trust in journalism or politics anymore.

-Diana Shishkina
Political Science ‘20

The Ticker

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Authors’ names are usually published but may be withheld for compelling reasons, at the editor’s discretion.

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LETTERS TO THE EDITOR

The Ticker welcomes comments, suggestions and information about errors from students and faculty members. Letters may be emailed to opinions@theticker.org or delivered to *The Ticker* office. Letters should be under 400 words, must be signed, and will appear, space-permitting. The editor reserves the right to edit letters and submissions for clarity and brevity.

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Students should visit Baruch counseling

Despite the alarming rise in depression and suicide, not nearly enough people are getting the help that they truly need. About one in five adults in the United States experience some sort of mental illness in a given year, The National Alliance on Mental Illness reported from the National Institute of Mental Health.

In 2017, suicide was the second leading cause of death for Americans between the ages of 10 and 34, NIMH also stated. Access to care and the stigma surrounding mental health are just some of the barriers standing in the way of young adults who are seeking treatment for their problems.

Baruch College is more than capable of addressing both of these concerns and should make mental health a main priority, since most students do not.

Baruch could do this by making it some sort of special requirement for students.

Baruch offers these typically ex-

pensive therapy sessions for free. If having an initial consultation was part of the registration process for an incoming student the same way that seeing an academic advisor is, then students would understand the many benefits of this service in their first year and continue to visit throughout the following stressful years of college.

Many Americans are suffering from a mental condition and only 41% of them are receiving treatment, NIMH reported. One way of reducing the stigma and raising awareness would be to make it mandatory for students to fill out a survey about their mental well-being the same way that they evaluate their classes and teachers at the end of a semester.

The Counseling Center at Baruch offers a broad array of services and specialists that can fit each students’ preferences and needs. Services such as individual counseling, group therapy, psychiatric evaluation, substance abuse pre-

vention and emergency crisis consultations are available for free to all Baruch students.

Each student looking for help may require different types of help, but Baruch’s Counseling Center offers way more services than a typical private office does and if they can’t help a student directly, then referrals are always something a student can rely on.

Baruch and its students should make mental health a priority considering the substantial rise in mental illness over the past decade. While it might not be entirely possible for Baruch to mandate individual consultations to each of its students, they can promote the counseling center.

These sorts of services can be pricey per session and yet many students don’t know that they have them available for free right across the street.

-Pat Sikora
Journalism ‘20

USG welcomes all new members and students

THE USG REPORT



DAKSHATHA DAGGALA

Hello everyone! My name is Dakshatha Daggala and I am the President of the Undergraduate Student Government for the 2019-2020 school year.

To all the new students, welcome to Baruch College.

We are here to guide and help you through this new journey. We encourage students to have an active presence on the campus.

It is so often that Baruch students get lost in the cycle of class, work and home.

Baruch has a very intricate student life and many don't take advantage of the resources that this school provides or they just don't know about them.

Students should join clubs, go to sports games and participate in leadership opportunities that are being offered at Baruch.

It is important for students to make this experience their own.

To our returning student body, welcome back to another year of hustling in order to achieve that degree.

We hope that your summer break was enjoyable and we are going to work with you to make sure that your experience this year at Baruch is still wonderful.

We would like your feedback

in any way possible, whether it's in a senate meeting hosted on Tuesdays at 5:30 p.m. in room 3-270, through email, social media or in person.

Let us serve you in the most effective way.

USG is incredibly excited to get the year started!

We have spent the summer curating a wonderful survival guide courtesy of our Chair of Graphics Annmarie Gajdos and our Secretary Nicole Pung.

We have also had the wonderful opportunity to plan and host convocation events this year.

We hope that our first-year students felt the connection to the Bearcat spirit by the end of the day.

Our senate table is ready to hit the ground running.

Our Vice President of Legislative Affairs Kim Kazdal will be advocating for voter registration and Census 2020 awareness.

Keep an eye out for a few upcoming events that we have this semester, such as "Homecoming," "Hallo-week" and "Lip Sync Battle."

We are grateful for the opportunity to represent Baruch.

It is an absolute honor. We hope to live up to your expectations and beyond.

USG in the past has made incredible strides.

We look to them for guidance, but we are shooting for the stars. We hope to see you around in our suite and our events!

Dakshatha Daggala is the president of USG. She can be reached at dakshatha.daggala@usgbaruch.com. Her office is located at 3-272 in the Newman Vertical Campus.

Makeup brands must wake up from their beauty sleep, along with FDA

The beauty industry has faced multiple controversies across the board. Recently, multiple products from a variety of brands have been revealed to contain questionable and downright toxic materials.

Just within the year, prominent beauty retailer Claire's, as well as entrepreneur and beauty influencer Jaclyn Hill have been in the limelight for distributing makeup products that have raised multiple red flags.

The first public instance was in March of 2019, where the Food and Drug Administration posted a tweet regarding the presence of asbestos in certain Claire's products. Testing on the products concluded that the product had 100% of fatal tremolite asbestos, which could cause mesothelioma, a fatal carcinogenic condition, NBC News 10 reported.

What made this shocking to a majority of consumers was that it implied Claire's knew about the situation in 2017, way before the FDA released the current news.

The company reported to CNN, however, that "the FDA test reports have mischaracterized fibers in the products as asbestos, in direct contradiction to established EPA and USP criterion for classifying asbestos fibers."

It also told CNN that "Despite our efforts to discuss these issues with the FDA, they insisted on moving forward with their release."

As a company whose demographic ranges from kids to teens, they should not claim that the FDA was in the wrong for warning innocent consumers about the dangers of its products.

Specifically, when Claire's knew

that a majority of its consumers are most likely unaware of what asbestos is, information must be transparent when it can affect consumers' lives permanently. It was highly irresponsible for the company to shift blame onto the FDA when they were only doing the right thing.

Fast-forward to June 2019, when Jaclyn Hill released her lipstick collection. After the controversy with her Vault collaboration with Morphe, fans and spectators were wondering if this launch was going to turn the tides in her favor. Spoiler alert, it did not.

Once the collection came out, multiple people on Twitter were complaining about how their lipsticks came with hair on it, had a beaded texture, holes or even had metal in it.

Fans were quick to speculate that she either has held these lipsticks on for a year — as this launch was heavily delayed due to personal issues in her life — or was just careless in the production of them.

One YouTuber, RawBeautyKristi, compared the public relations package to the lipsticks she bought herself, and noticed slight differences. This caused fans to be even more upset, as it seemed that Jaclyn put more care onto the PR and not the selling units.

At first, Jaclyn posted a video titled, "My Lipsticks," trying to explain that the hairs on the lipsticks were from the gloves that the workers in the lab were using.

One of the most ironic lines in this video is how she says that she wants people to approach her about complaints and issues, but the majority of this video was her making excuses, topped with the fact that when someone did make

a complaint on Twitter, she quickly deflected the issue.

This video caused backlash as well as people deeming it to be an unreliable excuse. In a video posted by Jaclyn before the launch, she showcased how her workers were using latex gloves, YouTube channel Tea Spill reported so her excuse didn't even line up.

After this, she took a month-long hiatus off YouTube, but came back with a video titled "Where I've Been," in which she explains how she's actually feeling about the whole situation. While she tries to apologize, she also adds the fact that she trusted the wrong lab in making her products.

A majority of YouTuber apology videos were more clips of them victim-blaming than taking full responsibility for their mistakes, and this one is no exception. She set herself to be a martyr, from how people advised her to not make the video to how people on social media were going to dissect it.

Both these cases illustrate that brands don't exercise enough care about their demographic. The only difference is that while Claire's has a board of executives, that the average everyday person wouldn't know, Jaclyn Hills is quite literally the face of her own brand.

Additionally, It is astonishing that the FDA has such limited control on what products go on our skin. The fact that large brands can come out with toxic makeup, has to make you wonder, what about all smaller brands or counterfeit ones that no one bats an eye to?

-Amber Sanchez
Accounting '22

Beyond meat won't take a seat — plants on the rise in the fast-food industry

CONTINUED FROM FRONT PAGE

Burger King is just one of many fast-food companies and restaurants to add vegan meat options to their stocks. Other places include Subway, Chipotle, Taco Bell, Panera, and Carl's Jr.

From the looks of it, this market is just going to keep growing. Next to the Impossible burger, the Beyond burger — made of peas, mung bean, rice and cocoa butter — is another increasingly popular red meat substitute, is just one of Beyond Meat's many fake meat products, *Bloomberg Businessweek* stated.

Vegan options are continuing to be introduced to many big American chains as well as to local restaurants, which is significant considering that meat and poultry are a staple in most Americans' diets.

Sold in over 53,000 restaurants, *Bloomberg Businessweek* also stated, Beyond Meat is proving that plant-based meat substitutes are a sustainable option and not just a fad.

It's shown that establishments serving or selling the Impossible burger or the Beyond burger have gone through shortages of the products because they were in so high demand.

The rise of these companies isn't just due to short-term hype. Beyond Meat has a \$9 billion market value and Impossible is valued at about \$2 billion. It's a growing industry with signs of not slowing down.

The environmental impact of eating meat substitute is undeniable,

able, and even cutting out some meat from a person's diet has lasting long-term impacts.

"A plant-based burger generates 90% less greenhouse gas emissions, requires 45% less energy, has 99% less impact on water scarcity and 93% less impact on land use than a ¼ pound of traditional U.S. beef," as reported by CNBC from a study by the Center for Sustainable Systems at the University of Michigan.

It's no secret that raising cattle requires large amounts of water and that cow feces, or manure, releases greenhouse gasses into the atmosphere which contribute to global warming and climate change.

In fact, a single beef patty produces around 260 grams of greenhouse gasses, — the equivalent of driving about 1.5 miles in a car, The Independent states — and "a 1/3-pound burger requires 660 gallons of water," *The L.A. Times* reported from *National Geographic*.

To produce a plant-based burger, cows are not needed at all, and therefore those numbers are forgone. For that reason alone, Beyond Meat and its competitors have a secure and stable future.

While the Beyond burger and a regular burger have roughly the same amount of calories and saturated fat, plant-based meats are healthier than beef in that they don't cause an increased risk for obesity, diabetes and cancer like real meat does.

-Amanda Salazar
Journalism '22

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Business



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Baruch claims #2 spot on *Money Magazine's* 'Best Colleges'

CONTINUED FROM FRONT PAGE

In order to make it on the list, institutions had to meet all of the following initial requirements: the institutions must have at least 500 students, have reliable data to be analyzed, they couldn't be in financial distress and they had to have a graduation rate at or above its institutional category.

Baruch met all of these requirements with flying colors with 15,000 undergraduate students, reliable record-keeping and a graduation rate

Money Magazine described as "a rate that is nearly 41% higher than at schools with students from

similar academic and economic backgrounds."

Money Magazine continued ranking each school that passed this test by putting them into three categories: quality of education, affordability and post-graduation outcomes.

Money Magazine identified several things, such as the quality of campus life and student diversity as factors that led Baruch to gain the second spot on this list.

The *Money Magazine* article also mentioned that Baruch claims one of the country's highest socioeconomic mobility rates.

However, the one statistic that secured Baruch's spot was its grad-

uates' success rates. The article states that alumni earn "an average of \$57,100 in their early careers," which they identify as about 10% higher than graduates from similar universities.

Baruch's estimated price with average grant for 2019-2020 is \$4,900, and the average student debt is \$10,720.

The list included other CUNY institutions as well.

Brooklyn College, John Jay College, Queens College, Lehman College and City College all made it on the list.

Similar to Baruch, they all made it on the list because of their graduation rates, quality of campus life,

quality of education and graduate success. Baruch came second only to the University of California Irvine, but ranked higher than universities of the likes of Stanford University, University of California, Berkeley and Yale University. However, this ranking comes as no surprise to current Baruch students.

When asked if he was surprised at Baruch's ranking, rising junior Adnan Ahsan said, "Not really. I knew it was the best 'bang for your buck' school."

Ahsan believed Baruch's high ranking was appropriate. "It gets the job done." Ahsan agreed with the article, but also added that he believed that the school's history as

a business school also helps.

"The cost of tuition, the massive amount of networking events and emphasis on focusing on your career along with professors with real world experiences help."

However, Ahsan agreed that this ranking doesn't guarantee everyone's experience at Baruch. "I am confident for as much work I put into it, he said. "Going to Baruch won't guarantee me a career: I have to work for it."

Overall, Baruch gained second place on *Money Magazine's* "Best Colleges for Your Money" for its outstanding quality of education, diversity, tuition cost and post-graduate success.

Economists fear a potential recession

BY AYSE KELCE
BUSINESS EDITOR

Since the yield curve has inverted, economists are expecting a recession.

The term recession is used to describe a certain period of downfall of economic activities, which is considered a crisis for national and international economies and a threat to market growth.

The most common indicators of recession are high interest rates, lack of consumer confidence, unemployment rate and an inverted yield curve.

Economists consider the yield curve the most reliable indicator to predict a recession. Investopedia defines the yield curve as "A line that plots the interest rates, at a set point in time, of bonds having equal credit quality but differing maturity dates."

"Each time the yield curve has inverted, it has immediately preceded a recession in America," stated Alice Fullwood, Wall Street correspondent of *The Economist*.

The only time the yield curve inverted and there has not been a recession was this March, according to *The Economist*.

The trade war between China and the United States raised the possibility of a recession and the increased tension between the countries are holding investors and stockholders back.

"Fears that the trade war will trigger a recession are growing," said Jan Hatzius, Goldman Sachs chief economist, in his note to clients.

While most economists claim that President Donald Trump's policies will lead to a possible recession, Scott Sumner, the chair of Monetary Policy at the Mercatus Center at George Mason University, disagreed: "In truth, presidents



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simply don't have much impact on the business cycle. Rather, it is the Federal Reserve's monetary policy, the control of the money supply and interest rates that determine the short-run ups and downs in the economy," in a Washington Post article.

According to Sumner, a recession is just a possibility, which the Trump Administration is not a sole cause of.

The last major recession the United States experienced was the financial crisis of 2008.

"Two months ago, it seemed premature for investors to worry much about recession. Now concern is warranted," Lisa Shallot, Morgan Stanley's chief investment officer of wealth management, wrote in June.

The yield curve had inverted for five days this March, followed by the fall of the 30-year rate under 2% on Aug. 14, for the first time in history.

Seventy four percent of economists who responded to a National Association for Business Economics survey confirmed that they are expecting a recession by the end of 2021. Bruce Kasman, chief economist for JPMorgan Chase, told Bloomberg that there is a 40% to 45% chance of a recession in the next 12 months.

The headline of a recent CNN Business article was, "Insiders selling stocks like it is 2007." The article mainly highlighted the rising insecurity in the U.S. market.

"Heavy insider selling is often considered an ominous signal about a given company because execs presumably have a better idea about where the stock is going than the average investor," Matt Egan wrote in the mentioned article.

Despite all factors hinting toward it, a recession is still more of a possibility rather than a guarantee.

Goldman Sachs partners with Apple for new card

BY AMANDA SALAZAR
ASSOCIATE NEWS EDITOR

Apple launched their newest service, Apple Card, on Aug. 20 for all current customers. The credit card is made of titanium and laser-etched — and has no card number. The iconic white design excited the tech enthusiasts along with regular customers way before the card became available.

The card is just the most recent addition to the company's growing array of services; only so many iPads can be sold before sales begin to slow, but subscriptions will generate revenue even past the initial purchase.

According to an article from Forbes, the card is the result of a partnership between Apple and Goldman Sachs, with Mastercard processing the payments between the companies.

The expectation is that Apple Card won't be used very much in its physical card form, but more regularly through Apple Pay, the company's already-existing mobile payment system.

Goldman Sachs and Apple created the card with a level of privacy and anonymity that has yet to be seen from other companies.

"Apple doesn't know where you shop, what you bought, or how much you paid," says the Forbes article. "Goldman Sachs, the bank behind the credit card, will never sell or share data to third-party companies, revealing your spending habits to advertisers. And Mastercard simply processes payments between parties on the global network."

Already, Apple Pay has been a good source of income for the Apple company, as it makes money

from transaction fees from users and from banks.

In fact, according to a March 2019 article from The Verge, there had been 1.8 billion transactions using Apple Pay in the previous quarter alone.

As Apple's services — iCloud, Apple Books, Apple Music — become more popular than their physical merchandise, products such as Apple Pay and Apple Card are expected to do well financially.

Since the Apple Card was released so recently, the long-term effects of it on the company's profits are not known, but the card seems to be doing well in the days since it has been released.

"We're thrilled with the overwhelming interest in Apple Card and its positive reception," as vice president of Apple Pay Jennifer Bailey was quoted in the Forbes article. "Customers have told us they love Apple Card's simplicity and how it gives them a better view of their spending."

With features such as extreme user-privacy, the capability for both physical and mobile usage and instant cash-back up to 3% on mobile payments, it is clear why Apple customers are enjoying the new product.

"If your titanium Apple Card comes into contact with hard surfaces or materials, it's possible that the coating can be damaged," Apple stated on its website.

Therefore, it is advised to not to place your Apple Card in a leather wallet or pockets with loose change.

The consumer reviews will give a better idea whether the latest product of Apple is worth the hype.

Ticker Tape

A Financial Briefing by Baruch College’s Investment Management Group

The summer of 2019 has proven to be more eventful than initially anticipated. From puzzling “mid-cycle” interest rate cuts to escalating trade tensions, a likely no-deal Brexit, and a yield curve inversion, the fall 2019 is starting on the heels of uncertainty and jitteriness.

Rate cuts

Following the sharp December downturn partly caused by their hawkish stance, the Federal Reserve shifted into neutral as it kept the federal funds rate — 2.25%-2.50% — unchanged in June.

The following month, Jerome Powell, the Chair of the Federal Reserve, announced a “mid-cycle adjustment,” decreasing the Fed Funds Rate by 25 bits per second to 2.00%-2.25% amid growing fears of a recession. The market did not respond as well with the Fed’s precarious new stance as the U.S. economy continues to be robust.

The news of rate cuts didn’t stop in July, as Powell issued a statement claiming that the Fed “will act as appropriate to sustain the expansion” as the trade war worsens. Many took this statement to mean that the Federal Reserve would further lower rates, causing a drop in yield in the fixed income space.

Though lower rates would stimulate the economy through cheaper borrowing, how much of an impact can the Fed make with benchmark rate adjustments with an already historically low rate?

Trump Trade War

The once seemingly fruitful negotiations turned sour this summer as tariffs on Chinese goods increased to 30%, spiking volatility in the markets as companies search for alternatives from tariff-affected

Chinese goods.

In a recent development, President Donald Trump increased threats on China stating that he could “declare a national emergency.” As tensions continue to increase, markets are on the decline, with stocks such as Apple and Intel underperforming due to their reliance on the Chinese markets. Now, huge speculation lies upon the prospects of an agreement between the world’s largest economies, although the current consensus remains gloomy.

G-7 / Brexit

After failing to execute on her promise for a Brexit deal, Theresa May resigned from the office of Prime Minister of the United Kingdom in June.

In a vote held in late July, the Conservative Party elected Boris Johnson to replace May as the head of the party and Prime Minister of the United Kingdom. Johnson, the former mayor of London, was catapulted to worldwide fame when he became the loudest voice in the “Vote Leave” campaign during the original Brexit referendum.

More recently at the G-7 summit, Johnson said he would be willing to take talks on a potential Brexit deal down to the wire — the Oct. 31 deadline set in place by the European Union. Johnson stated that if no deal is reached by that date, the United Kingdom will leave the European Union without a deal.

A “no-deal” Brexit could carry some seismic repercussions. Overnight, British products would have tariffs placed on them, and the Office of Budget Responsibility estimates that the British economy could contract by 2%,

causing a recession for the United Kingdom.

As to the likelihood of a Brexit, Johnson is cautiously optimistic that a deal can be reached by the Oct. 31 deadline.

However, British consumers are preparing for the possibility of a no deal Brexit, by stockpiling food, medicine and even clothing, as they fear nationwide shortages and price hikes.

On the other side of Brexit stands Jeremy Corbyn, and his Labour Party desiring a no-confidence vote on Johnson’s Conservative Party. If Corbyn has the votes, a general election will be triggered, and potentially a second Brexit referendum will take place. The situation remains uncertain.

Yield Curve Inversion

Lastly, August saw an inverted yield curve, where shorter-dated treasuries carry a higher yield than their longer-dated counterparts. An inverted yield curve, especially when defined by the difference between the 10-year Treasury note and the 3-month bill, has historically been a trustworthy signal of a recession looming in the future. An inverted yield curve is a representation of inflation expectations for the future.

The N.Y. Fed model based on the yield curve puts the risk of a recession in the next 12 months at over 30%, the highest its been since the 2008 recession.

The question remains how investors reconcile low unemployment, subdued inflation data and a robust economy, with a historically reliable warning alarm ringing.

By Paul Menestrier

New legislation might force cashless stores to accept cash payment again

BY NICOLAS DOMINIQUE
CONTRIBUTING WRITER

As the world begins to grow more digital each day and banks become ever-present in most people’s lives, some stores have started to lean toward a cashless policy. As more stores adopt this system, questions have arisen about the legitimacy of the cashless policy.

Countries like Sweden are operating a nearly cashless society. NP reported that only 13% of Swedes used cash for a recent purchase and that number is down from 40% in 2010. That number is only expected to decrease further as apps like Venmo and Swish grow in popularity.

Cashless purchases are also prevalent in major cities like San Francisco, Philadelphia and New York.

Right now, an ongoing battle is taking place for New York City to ban stores from refusing cash from customers.

This bill was introduced by New York City Councilman Ritchie Torres, who sees a cashless society filled with inequality. “Not everyone has access to debit or credit, but everyone has access to cash,” he said. Supporters of the bill argue that by refusing cash, these establishments discriminate against the poor, victims of domestic violence, homeless people and undocumented immigrants, according to NBC News.

The majority of Americans are fortunate enough to have access to bank accounts. However, at least 14.1 million citizens do not share the same privilege.

The bill introduced to the New



Artichoke Basille's Pizza may be one of the businesses affected by new legislation.

York City Council was laid out on June 23 and Aug. 14. Philadelphia’s City Council also approved a bill banning cashless stores in February.

Those in favor of cashless establishments say that it makes theft harder, keeps lines moving quickly, and cash management streamlined. According to a press release by Sweetgreen dining chain, cash management takes two hours for stores.

They believe in the adage “time is money” or Peter Drucker’s saying, “Until we can manage time, we can manage nothing else.” This policy can backfire as well because of the possible elimination of a portion of the market they could have otherwise served. After the bill was passed in Philadelphia and legislation began in New York, Sweet-

green announced that they will start accepting cash by the end of 2019.

Dos Toros, Dig Inn and Union Square Hospitality Group restaurants are also known for not accepting cash in New York City.

Any U.S. dollar bill has a statement written in the top left corner: “This note is legal tender for all debts, public and private.”

Christina Tallberg, the president of the Swedish National Pensioners Organization said, “This is both a personal problem, but it’s also a problem for the civic society. As long as it is legal to pay with notes and coins, it must be up to the individual to choose how you will do your payments.”

Technological improvements should not impede consumer choice, privacy or fair practices in the marketplace.



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Arts & Style

Boy band BROCKHAMPTON mellows out on new record *GINGER*

MIGUEL MODESTO
SENIOR STAFF WRITER

BROCKHAMPTON has proclaimed themselves as a boy band in the past, however their sound never really reflected the pop genre that commonly embodies the label of being a boy band. On their newest project, *GINGER*, BROCKHAMPTON approaches their new album with a slightly softer sound. Compared to the rest of their discography, *GINGER* takes the group in a different direction, but that does not mean they stray from what made them so popular.

GINGER proves to be a solid addition to the impressive discography that BROCKHAMPTON has been able to build up in a short period of time.

The album's opener, "NO HALO," sets the tone for the entire album. It begins with a soothing acoustic guitar riff as Kevin Abstract sings the intro of the track, and then Matt Champion drops a few bars that BROCKHAMPTON fans are used to.

The opening track demonstrates that BROCKHAMPTON is able to adapt to a sound while still being able to utilize each members' talents to their fullest.

The album's lyricism touches upon topics of religion, money and drugs. It is a major contrast to how mellow some of the tracks are.

A great example of this can be seen in the track, "I BEEN BORN AGAIN." The track features vocals from six of the members, discuss-

ing the childhoods and the misfortunes that came with their monetary success and triumphant music careers.

However, the most common theme found throughout most of the album is religion, with references to the Bible and Buddhism. As a result, the group is able to successfully create a cohesive track listing that has a common theme throughout the album.

Each track is able to flow into the next with ease as a result of each song containing similar themes and it is further established due to the great producing that the group was able to accomplish. The vocals and the rapping are at the forefront of every track.

It is unapologetically in your face, but behind the vocals are hidden layers of beats in the background of most tracks that can get unnoticed. This results in the listener wanting to go back to each track, with the album rewarding the listener with each new listen.

The album's strongest moment is without question, "DEARLY DEPARTED." The track discusses Ameer Van's departure from BROCKHAMPTON. The verse by Dom McLennon details an incident where Ameer Van set up a friend of Dom's to be robbed. It gives fans insight to the demise of the relationship between Ameer and the group.

The track proves to be the most emotional on the entire album. The track has passionate vocals and heavy bars that transcend the entire record.

The group announced in 2018 that Van would no longer be in BROCKHAMPTON over sexual misconduct allegations.

It seems that BROCKHAMPTON has continued their ascent to becoming icons for modern hip-hop but above all else they have a special place in the hall of fame for boy bands.

For some BROCKHAMPTON

fans, it may be a little awkward getting used to this slightly softer approach, however, throughout the album the group is still in touch with their roots and inspirations.

BROCKHAMPTON deserves enormous credit for keeping themselves relevant for the last part of the decade when there are constant projects being released by incredible artists. The production on the

album is gorgeous and the many themes found throughout the record are extremely deep as well as profound.

If there was any doubt that the creative drive from the group may have run dry or has been put on halt, *GINGER* showcases BROCKHAMPTON's creative output is far from over, leaving the listener hungry for more.



NICOLAS PADOVANI | WIKIMEDIA COMMONS

The California native boy band started in 2015 after meeting on a Kanye West forum. It has since released five records.

Crocs: Fashion nightmare or the perfect shoe for summer?



LILY RANSOM

Dear Lily,
I really want to buy crocs, but I don't know if I should. Will it be fire, or will I look stupid?"

-Edward Grinberg

Dear Edward,

If you had asked me that six months ago, I would have told you, "Oh my god what are you thinking? Crocs are ugly and they're for kids." Harsh? Maybe. Honest? Yes. However,

However having gone through the summer working at a yacht club, my mind has officially been changed.

Going to school in New York City, the high fashion center of the world where I get a lot of my insight, I had not seen Crocs worn at all and made the assumption that the Balenciaga x Crocs collaboration never really hit the shelves running. But, as I came to realize, I was wrong.

Over the summer, I saw at least five pairs of Crocs a day. Granted, about 70 percent of those were on the feet of children. But I did see a good number of young adults with them on.

If you wear them with the little jibbitz shoe charms, you may look more childish than you intend.

On the other hand, if your look is purposefully fun, funky and

young, then go for the jibbitz. Jibbitz, the funky add-on "pins" that go in the holes of the Crocs, help give them personality. They come in the shape of anything you can think of, with everything from cartoon characters to food.

Crocs are actually very functional because they are waterproof, washable, breathable and pretty comfortable. The shoes' functionality are due in part to the foam resin called croselite that the shoes are made of.

If you wear them in a non-neon color, they would not be very noticeable and blend in easily with other shoes.

Crocs are also great because you can wear them in "relaxed-mode" with the back strap up or "sport-mode" with the back strap down behind your heel for extra support. They are easily slipped on and off and weigh basically nothing.

Keep in mind that many so-called "VSCO girls" wear colorful Crocs with socks, and that is a style

too. If that is the look you're going for, I've seen many men and women pull it off.

If you want them simply as another pair of shoes instead of making a colorful addition to your outfit, as I said before, you might opt for a neutral color.

However, in my opinion, I think if subtlety is the goal, I wouldn't get Crocs; I'd go for some other pair of shoes.

Perhaps the waterproof Birkenstocks might suit your needs bet-

ter. They can look great, be incredibly functional and are much more popular.

Personally, I would never be caught dead in Crocs, except for when I was nine and wore my pink ones from Disney World, because I honestly think they are ugly. But these days, sometimes ugly is the new pretty.

So if you like them, I promise you will not look stupid in them and I'd say go for it and as a big plus, they are really cheap.



JOEL C. BAUTISTA | THE TICKER

Crocs were first introduced in 2002 by Lyndon "Duke" Hanson and George Boedecker Jr. who wanted to create a clog made of foam that could be used as a boating shoe.

Swift recounts past loves and combats hate on new record *Lover*

AMANDA SALAZAR
ASSOCIATE NEWS EDITOR

Singer-songwriter Taylor Swift released her seventh studio album, *Lover*, on Aug. 23 about her past and current relationships, with some political messages thrown in. While the majority of the 18 tracks on *Lover* are about romantic relationships, Swift manages to bring a new angle to a topic so common among her songs that it has become a running joke among her critics.

It starts with the very first song of the album, “I Forgot That You Existed.” While this song could be about the conflicts with friends or other artists that the 29-year-old artist went through in her life, it is very possible that the lyrics could refer to a past romantic relationship.

“I Forgot That You Existed” brings a new flavor to her typical break up songs, because of how positive and upbeat it is.

The track’s positive beat and Swift’s cheerful tone contrast with the concept of break up or fight, which makes the song as interesting as it is catchy.

It’s more than a song about the ending of a relationship; it’s about moving on and letting go of negative people.

Looking past the song’s flawless rhymes and great beat, Swift’s message that endings aren’t negative if they bring you peace becomes more evident and sets the stage for the rest of the album.

While some songs on the album are more similar to her older music — such as how the album’s title track, “Lover,” is reminiscent of songs like Swift’s 2008 “Breathe” — there are other love songs that also

take a different approach from her regular style.

An example of this is “Paper Rings,” the eighth track on the album.

A song about unconditional love for and commitment to a partner suggest that it’s about Swift’s three-year long relationship with British actor Joe Alwyn.

In the chorus she says, “I like shiny things, but I’d marry you with paper rings... Darling, you’re the one I want,” referencing engagement rings and wedding bands.

Rings are a big part of stereotypical American weddings and are often very expensive. Swift is saying that she will forgo this tradition to be with the person she loves.

It’s an unusual take on a love song, since most have the theme of, “I love you, so I will give you whatever you want,” whereas “Paper Rings” says true love is “I love you, so I will cherish anything you give me.”

Additionally, the title is notably similar to the title of one of Ariana Grande’s most popular songs in recent years called “7 Rings” from her record *Thank U, Next*.

The two songs are in stark contrast, as Grande’s song is about exuberant wealth and the ability to buy anything she could possibly desire, including matching rings for herself and her seven close friends.

It can be speculated that Swift titled her song similarly to Grande’s on purpose to show that she disagrees with the ideals portrayed in “7 Rings,” but it is not confirmed.

Another wonderful love song from *Lover* is “Soon You’ll Get Better,” which is about Swift’s love for

her mother who was diagnosed with cancer in both 2015 and 2019.

Nicely incorporating a different form of love into her album than just romantic love, the track shows Swifties a new side of the artist in her music as she wills her mother into better health.

However, some listeners may find Swift’s voice overpowering since her collaborator on the track Dixie Chicks is only included in the chorus.

Transitioning away from the themes of love and relationships, Swift’s “The Man” has a powerful message about sexism and the patriarchy that incorporates just the right amount of politics.

Its lyrics, “I’m so sick of running as fast as I can/Wondering if I’d get there quicker if I was a man,” are relatable and familiar for many women and girls, and touches upon the difficulties that they go through.

The line from the pre-chorus, “When everyone believes ya/What’s that like,” references the #MeToo movement and the constant disbelief of sexual assault accusations made by women.

The chorus’s line, “And I’m so sick of them coming at me again/’Cause if I was a man, then I’d be the man,” refers to when women get criticized for things that men get praised for, such as having a long dating history like Swift’s.

The song, with its uplifting beat and fantastic chorus, has the potential to be the next feminist anthem.

Overall, the album is a positive, hopeful story of her relationships with the people around her and the society that she and her fans live in.


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Science & Technology

Vegan diets for babies deemed more acceptable by dietitians

BY YASMEEN PERSAUD
OPINIONS EDITOR

“Go Green” isn’t just a phrase that means environmentally friendly — it’s now baby-friendly.

With companies now incorporating more plant-based products on their menu, parents are now including vegan products in their child’s diet.

While this decision has faced major backlash recently, these diets are safe as long as parents consult nutritional experts beforehand, according to an article published in *The New York Times*.

Registered Dietitian Nutritionist Vandana Sheth told *The Times* that it is “important for caretakers to make sure that vegan babies, once weaned, get enough of vitamins D and B12, calcium, iron, zinc and heart-healthy fats.”

While some may worry how children will gain protein following a plant-based diet, the vegan diet offers a plethora of options to explore.

Meat substitutes and products such as tofu serve as the perfect addition to a family dinner.

Following a plant-based lifestyle seems to be the latest trend. Beyond Meat, a company known for its plant-based products, has found its lead among the fast-food industry.

The “excitement about the meat substitute market has driven investor interest in Beyond,” according to CNBC.

The popularity of plant-based options has increased accessibility for all consumers and with busy

parents looking to grab a quick bite for themselves as well as thier children, it seems plausible to consider more plant-based foods for their family.

In a society where the word “fast food” usually connotes a negative diet, Americans can now be at ease that their burger is not only tasty but healthy too.

However, an Australian couple who put their infant on a vegan diet have faced backlash because their child ended up malnourished because it did not have access to the the nutrients that are considered necessary in the developmental stage of life in order to mature properly, CNN reported.

The developmental stage of life is deemed the most important stage because of the major emphasis on the functioning of major organs. Not acquiring enough nutrition can lead to many issues later on in life and especially impacts cognition.

However, this is not to say that a plant-based diet cannot work. In fact, the aspect that made the situation dangerous to the child was the lack of adequate planning.

The parents did not take their child for proper medical care for months, which explains their poor planning, effort and efficiency regarding the child’s diet, according to CNN.

“The key is to be aware of your nutritional needs so that you plan a diet that meets them,” Mayo Clinic stated. Sitting down with nutritional experts and properly creating a path toward a plant-based lifestyle ensures little risk.



PATRICIA NIȚĂ | FLICKR

Experts say it is possible to raise healthy infants and children on a totally plant-based diet along with dietitian supervision.

Additionally, studies published on vegan diets need to be more accurate in their results released to the public. *The Times* reported that a Belgium report stating the falsehoods in the vegan diet were inaccurate.

A letter penned by the Physicians Committee for Responsible Medicine stated that in the Belgium

report “several key statements and conclusions were not based on scientific evidence and were both erroneous and misleading.”

Following a vegan lifestyle should be deemed as acceptable for children under the proper care and guidance by medical professionals.

Based on the health of the child,

nutritional experts and parents can work out a proper diet plan and lifestyle to ensure that the child is developing at a healthy rate.

While it seems okay to rely on parents to decide the diets of their children during the important growth stages, it is also important to recognize that not all parents are doctors or nutritional experts.

Teamwork makes the dream work: neurons sync to form memories

BY ISRAEL CATALAN
STAFF WRITER

Forgetting things is common when you live in a fast-paced city like New York, but researchers might have a solution.

At the California Institute of Technology, researchers questioned why memories formed recently are more likely to be forgotten than memories formed years ago.

In the study, a mouse was placed in a maze with marks on the wall with red and green LED lights to encourage it to remember said marks leading it to its treat, sugar water. Previous to the experiment, the mouse had been implanted with a microendoscope, a type of endoscope that uses optical fibers or fibers bundles to obtain microscopic images of tissue which can project better images.

The images showed that clusters of neurons in the hippocampus would group up and work in a synchronized manner when the mouse would look at the marks on the wall repeatedly.

Neurons are a special type of cells whose sole purpose is to transmit information to one another and throughout the body. The hippocampus is a part of the brain that is responsible for memory and emotion.

The researchers stated that individual neurons only store memories for five to 15 days on average, while clusters of neurons synchronized can hold memories for up to 35 days. After 20 days, mice were put back into the maze and some showed signs of recognition.

While not all of their original cluster of neurons were still intact, there were enough neurons to fill in the gaps of the mice’s memory. It was concluded that the mouse through repetition had memorized



ME0 | PIXABAY

Researchers have identified the neural processes behind why you may remember the name of your childhood friend’s cat but not that of a person you just met.

where the sugar water was based on its recognition of the marks on the walls.

The act of repetition created a unified group of neurons which allowed the mouse to remember the location of its treat.

While researchers can not exactly pinpoint where information is stored in neurons, like whether the information is spread past the hippocampus and cortex or if information is “stored at different hierarchical levels,” they are able to tell when information is being transmitted.

Diseases like Alzheimer’s and

dementia can impair the endurance of memories which makes research from Caltech much more valuable.

The mice experiment demonstrated that clusters of neurons will deteriorate over time. If this deterioration is more prominent as humans grow older, it could explain why people forget things quicker as they get older.

This could also explain why children remember things better than adults at times, as explained in an article published by *Slate* that presents the claim that children do remember aspects of their childhood

clearly.

College students trying to learn and study for class could make use of this study by repeating the material over and over again to become proficient.

In an article published by *Life-Hack*, titled “Writing and Remembering: Why We Remember What We Write” the author presents the idea that writing things down is the best way to remember something.

The article explained that the act of writing is similar to a “mini-rehearsal” for our brain which makes it feel as if we’re experiencing what we’re writing and therefore making

it easier to remember.

It is important for college students today to know that repetition is key to remembering something and could prove beneficial for their studies.

With Caltech’s research, it is clear that repetition breeds a unification of neurons and helps store information for longer periods of time.

While it is still unclear how much we know about storing memory and the effects diseases like Alzheimer’s could have on clusters of neurons, repetition remains the key to keeping your memory strong.

Dog ownership boosts heart health

BY YASMEEN PERSAUD
OPINIONS EDITOR

To avoid trips to the doctor, it's best to spend time with your "dog-tor." A recent study published by Mayo Clinic has found that owning a dog improves heart health.

The Kardiovize Brno 2030 study conducted in Central Europe tested 1769 subjects who were pet owners and found that dog owners benefited the most health-wise.

The State of Obesity, an organization dedicated to observing national obesity data and trends, reported that obesity rates are still "alarmingly high" so owning a dog can encourage increased physical activity.

The study analyzed pet owners and their relation to cardiovascular health factors.

The two most imperative factors were obesity and high blood pressure, both contributing to major heart diseases.

If the study was not convincing enough, Harvard University Medical School went as far as publishing and selling a special health report informing the public of the many health benefits of owning a dog.

This recent study should not be taken lightly. Many other studies have proposed the benefits of owning a dog, and society even uses the statement "a man's best friend" to emphasize the happy relationship a dog has with its owner.

Along with improving cardiovascular health, the impact of a dog on emotional and mental well-being feels almost therapeutic.

Owning a dog eases the mind, which contributes to healing the body. Psychology discusses this existence of a mind-body connection.

For instance, meditative prac-



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Owning a pet may help maintain a healthy heart, especially if that pet is a dog.

tices have been shown to improve cognitive thinking as well as lowering blood pressure, seen in an article published by the *International Journal of Hypertension*.

The endorphins released in meditative practice are the same endorphins released while spending time with a furry friend.

Broken heart syndrome stands as proof that stress on the mind can influence cardiovascular health negatively, and dogs can be a stress reliever which can mitigate the negative effects of these feelings of stress.

Even though the study finds that dog owners are less likely to be at risk for cardiovascular diseases, pet owners in general seem to be healthier overall.

Health Guide reported that owning a pet boosts mood and

well-being, but in the end it all comes down to companionship.

While it is expected to spend time alone, especially in conquering a busy schedule, human desire for companionship allows for an increased sense of happiness.

Health Guide also stated that "pets fulfill the basic human need for touch" and love.

The next logical direction to take with this study is to consider what other pets do to their owners' health.

Even though the study emphasizes owning a dog, it seems that the same effects can be found with other pets.

However, dogs keep owners on their feet more, allowing for more activity.

It is worthwhile for people to go fetch for a better lifestyle.

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Sports

Three's Company: A dominant and eventful summer for New York's hockey trio



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The New York Rangers and New Jersey Devils significantly improved this offseason through the draft, trades and free agency, while the New York Islanders are still a formidable playoff team despite several key losses.

BY DENIS MINCHUK
STAFF WRITER

The dog days of summer are over and fresh sheets of ice, center-ice paint jobs and fantasy rosters are finally here.

As NHLers begin flying back into their respective cities, it is beginning to feel a lot like hockey season.

Fans and players alike are well-rested and eager to begin a new campaign.

Although there is no certainty for any paper roster to succeed, there is always a guarantee for a season full of surprises.

Time and time again, the league has seen heavy favorites struggle and unlikely underdogs prevail in the face of adversity.

The offseason however, is a time for management to stock up the armory.

The three major tri-state area NHL teams have done just that.

New York Rangers

The New York Rangers' 18-month rebuild has gained a healthy amount of attention this offseason, with general manager Jeff Gorton and the rest of the front office getting quite a bit of props from their peers across the league.

This summer, the Rangers' brass has accelerated the rebuild with the additions of superstar forward Artemi Panarin, elite prospects Kaapo Kakko, Vitali Kravtsov, Igor Shesterkin and Adam Fox and also a new president in John Davidson.

It is safe to say that it was not a bad haul to have completed by 5:00pm EST on July 1 with an entire summer ahead.

Along with John Davidson came his posse of professional scouts and advisors, and though

some have criticized the move for nepotism, it is clear that it was all part of making the new president comfortable in his environment, while taking yet another massive step towards improving the Rangers' developmental focus.

Essentially, Gorton killed two birds with one stone without taking much risk considering the fact that up until this year the Columbus Blue Jackets, Davidson's old team, had been trending upwards.

Admittedly, it is evident that Gorton can only wear so many hats throughout this rebuild and has decided to cut some corners.

The Rangers' focus was not entirely on fresh meat as the team proceeded to re-sign all of their key restricted free agents, and save for Anthony DeAngelo and Brendan Lemieux, who will proceed to put pressure on management up until training camp.

They will inevitably sign their qualifying offers and this is not a situation for fans to be concerned about.

In the meantime, some prospects have already begun their preseasons across the pond in Europe, with the first game of the Champions Hockey League starting on Aug. 29, when the points finally start to matter again.

Some more North American exhibition action should start, leading up to the Traverse City Prospects tournament, which starts on Sept. 6.

All of this has led up to what is sure to be an exciting and unpredictable season for this Rangers team.

The Rangers play their first preseason game on Sept. 18 against the New Jersey Devils at Madison Square Garden.

New Jersey Devils

The team that has had the second most popular offseason is coincidentally right across the Hudson River.

Ray Shero's New Jersey Devils used their lottery luck as an hors d'oeuvre, and proceeded to feast on opportunities throughout the 2019 offseason.

After selecting Jack Hughes first overall in the NHL Entry Draft, the Devils went on to acquire P.K. Subban, one of the most lively and talented defenseman in the National Hockey League.

Aside from being an amazing character and being engaged to a far more talented and famous spouse in Lindsey Vonn, Subban immediately becomes a top-pairing defenseman for the Devils this season.

As if acquiring a star on and off the ice was not enough, Shero took advantage of a wonderful investment opportunity in Las Vegas.

The Vegas Golden Knights were having trouble finding a financial compromise with Russian superstar restricted free agent, Nikita Gusev, so they made him available

for the right price, one that Shero gladly paid to acquire a player who he believed will be a true top-six winger in the NHL.

To add some sizeable offensive depth to the roster, New Jersey also brought in veteran Wayne Simmonds on a one-year deal.

The Devils have also done their due diligence in resigning their key restricted free agents, especially Will Butcher.

The blueline in Newark this season, however, could see yet another talented addition come October, as many believe 2018 first-round pick Ty Smith can make a very strong impression in training camp.

Hughes and Smith will join some crucial additions to this Devils team, who will look to give some hope not only to their fans but also to superstar Taylor Hall, who is entering the final year of his contract.

Showing the Devils' potential this final season can be a major deciding factor for Hall and what he decides to do next with his career.

New York Islanders

On the opposite side of Manhattan there have been a few less fireworks.

Granted, Islanders fans knew what they had signed up for when Lou Lamoriello was named their general manager.

The infamous boss known simply as "Lou" has an old school approach, one that involves patience and a great deal of caution.

That is in no way a knock on the Isles' approach to the 2019 offseason however.

Coming off of a shockingly successful season, Lou decided to play things safe and protect the synergy of the team that was so carefully created by head coach Barry Trotz, who just wrapped up his first season behind the Isles' bench.

Keeping the band together required fresh contracts for veteran forwards Brock Nelson, Anders Lee, and Jordan Eberle.

After a questionable draft however, things grinded to a halt for the Islanders.

Lou's plans to acquire Artemi Panarin were thwarted by the rival Rangers, which in turn initiated a significantly more conservative approach.

The Isles replaced goalie Robin Lehner with a veteran Russian netminder in Semyon Varlamov, signed their new first round prospect Simon Holmstrom to his Entry Level Contract, and took care of two of their three remaining restricted free agents.

The last free agent, Anthony Beauvillier, is sure to have a new contract by the time training camp begins.

Finally, in a spectacular recent development, the Islanders announced the acquisition of former Rangers center, Derick Brassard. A cult favorite amongst Ranger fans during their most competitive years, Brassard joins his fourth club in two years in hopes of finding his game.

If he does indeed find his game again, Brassard should be an effective bottom-six option for the Islanders next season.

2019-2020 NHL Season Key Dates

Players report to NHL training camps on Sept. 12 for physical evaluation and off-ice testing.

On-ice drills are set to begin on Sept. 13.

The NHL preseason begins on Sept. 15 in Las Vegas.

The opening night of the 2019-2020 campaign and the official beginning of all of the action is scheduled for Oct. 2.

Essentially, Gorton killed two birds with one stone without taking much risk considering the fact that up until this year the Columbus Blue Jackets, Davidson's old team, had been trending upwards.

Knicks and Nets remain in superiority battle after wild offseason

BY ISAIAH HINTON
SENIOR STAFF WRITER

New York basketball is not black and white. At the beginning of this year, New York Knicks fans all over the city and beyond were dreaming of a talented trio that would dominant the NBA and bring the Larry O'Brien trophy back to Manhattan.

The owner of the Knicks, James Dolan, burgeoned those dreams by going on New York radio and declaring the pursuit for superstar talent.

Those dreams were further encouraged by the nuggets of information revealed by NBA insiders, informing Knicks fans that their dream would soon be a reality.

The Knicks were not able to get Zion Williamson, but got an electrifying star in RJ Barrett in the 2019 draft. To add Kyrie Irving and Kevin Durant would put the Knicks back on the map and provide a quality of play equal to the hallowed ground that is Madison Square Garden.

Meanwhile, across the East River, the Brooklyn Nets were experiencing a fairly unexpected resurgence led by the once-maligned point guard D'Angelo Russell. His supporting cast included the Three-Point Shootout champion Joe Harris, Spencer Dinwiddie and budding star Jarrett Allen.

Playoff basketball was returning to the Barclays Center, and there was an excitement in the air that had not been felt since the arrival of Kevin Garnett, Paul Pierce and Jason Terry.

Fast forward eight months, and it was the Nets who seem poised to win a championship sooner than their city counterparts.

Brooklyn signed Kevin Durant

and Kyrie Irving to big money contracts, while also signing Durant's friend and former Knick, DeAndre Jordan. The Knicks were ceaselessly mocked for failing to attract any superstars, instead signing a gaggle of power forwards in Julius Randle, Bobby Portis, Taj Gibson and Marcus Morris.

With the signing of Durant and Irving and an aura of respectability and relevance surrounding the Barclays Center, the question must be asked if there is a changing of the guard and if New York will become a Nets city.

For the Nets, this season is all about waiting for Durant to recover from the ruptured right Achilles tendon he suffered in game five of the 2019 NBA Finals. In the interim, Brooklyn can develop the game of their homegrown talent in Caris LeVert, Dinwiddie and Allen. LeVert, who came back from an injured foot to average 21 points per game in the playoffs, will be looking to prove that he is worthy of the three year, \$52.5 million contract extension he received.

Working as the team's number two scorer this season, LeVert should be the benefactor of defenses focusing their energies on Irving, who will be looking to restore his reputation as a leader in the locker room and on the court.

Allen, who showed flashes of a commanding defensive presence last season, will look to improve his tally of 1.2 blocks per game and firmly establish himself as Brooklyn's premier big man.

Dinwiddie averaged 16.8 points per game last season as the sixth man off the bench and will look to improve his scoring abilities as he will get valuable minutes substitut-



The Brooklyn Nets' strong offseason has fans wondering if they have trumped the New York Knicks as the city's premier team.

ing for Irving.

Adding in the three-point sniper in Harris, and the newly acquired big men Jordan and Taurean Prince to assist Allen's development helps the Nets have a playoff look to them.

The Knicks, however, should count themselves lucky if they reach the postseason this year. This season is about developing the talent that they have.

While Zion got all the highlights and attention last season at Duke, Barrett showed why he was the highest rated recruit out of high school, averaging 22.6 points per game for the Blue Devils. Getting Barrett acclimated to the hustle of the association is a high priority for David Fizdale in his second season in charge of the Knickerbockers.

In addition to Barrett, the development of last year's rookie class

should be exciting to watch. Kevin Knox showed glimpses of the explosive talent he had coming out of Kentucky, averaging 12.8 points over 72 games.

Another rookie, Mitchell Robinson, established himself as a future pillar in the Knicks' frontcourt. The seven-foot center led the team with 2.4 blocks per game, while also averaging 7.3 points and 6.4 rebounds over 66 games. The newest group of veteran power forward recruits should help encourage Robinson's development in his sophomore season.

Finally, the biggest surprise of the rookie class, Allonzo Trier, showed flashes of pure, unadulterated scoring ability, averaging 39.4% from three-point range, along with 10 points per game over 64 games last season. Another acquisition to look forward to is Ju-

lius Randle. Arguably the Knicks' biggest signing at \$63 million over three years, Randle will look to replicate the season he had last year. Playing for New Orleans, Randle averaged 21 points per game, along with eight rebounds per game. The Knicks have a good look to them, and the roster is encouraging. However, this year is about rebuilding and developing.

Contrary to what many believe, New York will not become a Nets town and any changing of the guard this year is a false dawn.

When the Knicks are bad, the city complains, even if the Nets are successful they still do not match their attendance.

New York City becomes a different animal if the Knicks are successful, even for a moment. New York basketball is not black and white; it is still orange and blue.

NBA offseason headlined by superstar moves and new contenders

BY KYLE MCKEE
STAFF WRITER

In one offseason, the NBA has completely changed.

The Golden State Warriors are no longer the favorites to take home the Larry O'Brien Championship Trophy at the end of the season.

Kevin Durant tore his right Achilles' heel in Game 5 of the 2019 NBA finals against the Toronto Raptors, and decided to leave the Warriors to sign with the Brooklyn Nets, who also signed All-Star point guard Kyrie Irving.

The Nets could not afford to keep their first-time all-star D'Angelo Russell, so the Warriors and Nets worked out a sign-and-trade which sent Durant to Brooklyn and Russell to Golden State.

After beating Golden State in the finals, Kawhi Leonard became the first player to leave his team after winning finals MVP, leaving the Raptors to play in his hometown of Los Angeles for the Clippers.

The Clippers were not done there.

They traded for Paul George from the Oklahoma City Thunder. George requested a trade from the Thunder out of nowhere, especially since last offseason, George signed a four-year deal to stay with the Thunder.

This immediately makes the Clippers serious title contenders.

The Thunder, however, got a massive haul of assets from the Clippers, which included promising young stud Shai Gilgeous-Alexander, a good, solid veteran in Danilo Gallinari, and five first-round picks.

Russell Westbrook realized the Thunder are heading into a rebuilding process, so he, too, requested a trade from Oklahoma City, and ended up in Houston, joining his former Thunder team-

mate James Harden, making the Houston Rockets serious title contenders.

As part of that trade, Chris Paul was sent to Oklahoma City.

The Anthony Davis era finally came to an end for the New Orleans Pelicans, when the center and power forward was traded to the Los Angeles Lakers.

However, the future looks very bright for New Orleans, who might have experienced the fastest rebuild in NBA history.

The team lost a generational superstar in Davis, but lucked out in getting the first-overall pick in the 2019 draft, in which the Pelicans selected Zion Williamson from Duke University.

Williamson comes into the league as the most hyped rookie since LeBron James.

Also, the Pelicans received the Lakers' fourth-overall pick in the 2019 draft, which, after a trade with the Atlanta Hawks, became the eighth and 17th picks of the draft.

The Pelicans were then able to draft Jaxson Hayes from the University of Texas at Austin, and Nick-eil Alexander-Walker from Virginia Tech.

Both players played extremely well in the Summer League and look to have some promise.

The Pelicans also received Lonzo Ball and Brandon Ingram, both very young players with All-Star potential, and Josh Hart, who can grow into a very solid role player for a contending team.

Not to mention that New Orleans still has a star in Jrue Holiday and managed to sign solid veterans in JJ Redick and Derrick Favors to help the young players.

The Boston Celtics' up-and-down season ended with Irving leaving to play for the Nets and Al Horford signing with the Philadelphia 76ers.

However, the Celtics did manage to sign All-Star point guard Kemba Walker to replace Irving, as well as signing big man Enes Kanter.

On the other side, the Sixers' signing of Horford meant that they were not keeping Jimmy Butler, so the Sixers and the Miami Heat worked out a sign-and-trade with the Clippers and the Portland Trail Blazers.

The trade sent Jimmy Butler and Meyers Leonard to the Heat, Josh Richardson to the Sixers, Hassan Whiteside to the Blazers, and Maurice Harkless and a future first-round pick to the Clippers.

The Indiana Pacers and Utah Jazz had some sneaky great moves this offseason to put these two small market franchises in serious contention.

The Jazz traded for former All-Star point guard Mike Conley from the Memphis Grizzlies and signed two good players, in Bogdan Bogdanovic from the Pacers and Ed Davis from the Nets.

The Pacers signed Malcolm Brogdon, a quality guard who plays both ends exceptionally well, as well as T.J. Warren and Jeremy Lamb who are professional bucket getters.

The New York Knicks missed out on Durant, Leonard, Irving, Walker, and every other free agent superstar.

They quickly became the laughing stock of the NBA, but countered that futility with some interesting moves.

They signed Julius Randle, Bobby Portis, Taj Gibson, Wayne Ellington, Marcus Morris, and Reggie Bullock to short-term deals.

In simple terms, the Knicks traded Kristaps Porzingis in February to the Dallas Mavericks, where he re-signed this off-season, for all the cap space they used to sign



A hectic and wild 2019 offseason has finally created balance and parity in the NBA.

those seven quality starters and role players.

However, the Knicks are looking ahead to the 2021 off-season, in which reigning MVP Giannis Antetokounmpo will become a free agent.

Despite having seven power forwards, the Knicks actually have a decent plan, especially after taking RJ Barrett with the third-overall

pick, who many NBA insiders are high on.

All this player movement has created something in the NBA that has not happened in a long time. There is no overwhelming favorite to win the NBA championship in June.

The NBA is wide open this upcoming season, and more games by are going to become must-see TV.



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As the Major League Baseball postseason approaches, teams like the St. Louis Cardinals are finding their rhythm at the right time, while teams like the Philadelphia Phillies are struggling to keep up with competition.

Contenders and Pretenders: Cardinals soar while Phils plunge

BY ISAIAH HINTON
SENIOR STAFF WRITER

As baseball’s reign as the pre-eminent sport in the national consciousness comes to an end, it is important to take time to appreciate how beautiful, exciting and unpredictable Major League Baseball has become. However, the beauty of the game is exemplified by the unsung heroes who perform out of their minds for their clubs, the rookies who are just happy to be on the field fulfilling dreams, and the teams who resurrect their season while bringing excitement back to the fans. As autumn playoff baseball approaches, now is the time to separate the contenders from the pretenders.

Contenders: The St. Louis Cardinals

In a division with the reigning National League MVP in Christian Yelich of Milwaukee, and a Chicago Cubs team which, at one time, inspired whispers of a dynasty, somehow it is the Cardinals who are in first-place in National League Central. Looking at their roster, the Redbirds do not have a star-studded squad. There is no instantly recognizable superstar player that can turn a game on its head. However, what they do have is efficiency. The Cardinals are conservative in a time when the game is explosive.

The Redbirds are terrible at hitting, compared to the rest of the league, possessing a low slugging percentage of .409 and an on-base percentage of .320, both amongst the bottom-five in the league. The Cardinals’ offense has scored 590 runs this season, averaging 4.6 runs

a game. In comparison, only the Padres, Giants and Marlins have created less runs per game in the National League.

Although the Cards’ hitting could be seen as a bizarre hallmark of ineptitude, there is a player who could only be described as the heart and soul of St. Louis — Kolten Wong. Wong, who leads the Majors in wins above average for second basemen, is batting .272 with a .356 on-base percentage, while amazingly striking out a mere 68 times in 458 plate appearances. Wong’s ability to reach base, put balls in play, and fight in at-bats has proven vital to the Cards’ push for the post-season.

Even more vital, however, is the pitching. Even though the rotation does not put up remarkable stats, they are subtly stingy, as they rank in the top five in runs allowed per game, giving up 4.18 runs per game and earned run average, accumulating a 3.94 ERA. Three of the Cards’ five starters rank in the top 25 in ground-ball rate, including 13-game winner Dakota Hudson, who leads the Majors with a 58% ground ball rate. However, one exception to this trend is the emergence of bullpen stud Giovanny Gallegos, who has a strikeout rate of 35%, relying heavily on his fastball and slider. As a result, batters are hitting a measly .155 against Gallegos.

This season, the Cards have found their rhythm, and are riding the momentum to October baseball.

Pretenders: The Philadelphia Phillies

When the Phillies emerged victorious in the Bryce Harper sweep-

stakes last offseason, many Phillies fans and neutrals saw this team as a definite playoff team, with a chance to compete for the World Series in October. The lineup was stuffed with talent, such as Rhys Hoskins, Odubel Herrera, Andrew McCutchen and J.T. Realmuto, in addition to a rotation was led by National League Cy Young Award finalist Aaron Nola. Fast forward five months and what seemed like a certainty is now slowly crumbling before the eyes of the Phils and their fans. A season that started with so much promise is now hanging on by the edge of a knife.

Individually, the Phils’ batters have had good seasons. Hoskins has become more patient at the plate, leading the Majors with over 100 walks on the season. In addition, Hoskins is hitting for power, mashing 25 home runs and possessing one of the highest slugging percentages on the team with a .476 mark.

At catcher, Realmuto is batting for a decent average at .272, with a .472 slugging percentage, as he currently leads all Phillies’ batters with 2.1 wins above average. However, patience is a problem, as he has been struck out over 100 times while walking less than 40. Andrew McCutchen had his season cut short due to a torn ACL in June and Herrera is suspended for violating the league’s domestic abuse policy.

That leaves Harper, who is having a decent season, batting .254 with a .373 OBP and a .493 slugging percentage. He currently leads the team with 27 homers and 92 runs batted in. However, he has amassed 1.1 wins above average this season. For a player who has the title of su-

perstar and is being paid like the transcendent talent he is, his stats leave a lot to be desired.

Meanwhile, the pitching has been putrid. The Phils have no consistency in the bullpen, as two of their better relief arms in Juan Nicasio and Jose Alvarez have allowed batters to hit over .300 on batted balls in play this season, while the majority of the rotation possess losing records. The one bright spot is Nola, who has 12 wins with a 3.53 ERA. However, his pitches are less effective, as batters are hitting for higher averages than last year on his two bread and butter pitches, the slider and the fastball. All in all, the expectations for the Phillies this season have not been reached so far, and they only have a month to recover their season.

Contenders: The Oakland Athletics

Out on the east side of the San Francisco Bay, one can find players that were acquired on the cheap and were considered reclamation projects by other teams’ executives. Everybody is a rogue in Oakland, and people are always genuinely surprised when they do well, especially last year. This is a team that made the American League playoffs with 97 wins. As an encore, the A’s are now competing in a three-horse race for two wild card spots, along with the Cleveland Indians and Tampa Bay Rays. The A’s, under-the-radar talent is exemplified by two players in the lineup and two players in the rotation exemplify Oakland’s commitment to bargain hunting.

Oakland’s third baseman, Matt Chapman, and shortstop, Marcus Semien, generate the most wins

above average in the Majors, generating 4.1 and 3.6 WAA respectively. Chapman has evolved into a mainstay at the hot corner, only committing eight errors along with a .980 fielding percentage. At the plate, Chapman hits the ball hard, averaging an exit velocity over 90 miles per hour, while hitting 27 homers and driving in 92 runs. He also gets on base fairly often, as does his teammate Semien. Semien is batting .272 with a .358 on-base percentage, both career highs. Semien also excels in the field, leading the league in assists at the shortstop position.

While the hitting is decent in Oak-town, the pitching has been excellent, possessing a 4.06 ERA and surrendering only 4.28 runs per game, both sixth lowest in the game. Two unforeseen stars of the staff are Mike Fiers and Brett Anderson.

Fiers, the new-found ace of the staff, has earned 12 wins along with a 3.46 ERA. Second to only Justin Verlander in terms of opposition batting average of balls put in play, Fiers’ biggest weapon has been his curveball. Painting the upper-in-side and lower-outside corners, opposing batters have only been able to hit .191 against the pitch. While Fiers relies on his curve, Brett Anderson relies on his slider to get the batters out.

Anderson, who has 10 wins, is not a strikeout pitcher, but he generates ground balls at an extremely high 53.1% rate. In addition, opposition hitters are only batting .272 on balls in play against Anderson, making him an efficient pitcher and the perfect complement to Fiers.

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Baruch Weekly

DOUBLE TAKE ADVICE FOR STUDENTS BY STUDENTS

DEAR DOUBLE TAKE:
How can I make the most out of my time at Baruch?.

Stay on Campus! You do not want to mindlessly zip through your time at Baruch, you want to be aware and proactive to really reap the benefits. Take advantage of this opportunity to pursue your own interests while you're young. This may be a commuter school but do not go home immediately after classes every day. Stay around campus, pop by a club or two and chat with the people. This school will only give as much as you give. It can seem difficult and intimidating at first but there is nothing to be afraid of; everyone is in the same position you are wanting to make friends, connections, and memories. This is the time to dive into any interests and embrace whatever makes you passionate. There is so much to learn and the diversity of Baruch helps you expand your thinking in all sorts of ways. It can be difficult at first but it will only stay difficult if you are not willing to open up a little and show off who you are.

RODNEY NGUESSAN

The most important thing you can do at Baruch to get the most out of it is network. Not only meeting new people, but also stringing together connections with individuals who are like-minded though still have diverse ideas. Meeting people with ideas and opinions different from your own is very important. You may have an idea of what you want to do now though once you graduate and get into the field you may find that whatever you're doing isn't what you want to do. It is at this point that having connections with people who had different career goals and ideas comes in handy as you're able to reach out to people who know you on a personal level and are able to introduce you to a new world. Your network can lead to a stepping stone into a new career so it's best to start building it as early as possible.

JULIO HERNANDEZ

Submit a question to the Double Take team via Google Form on The Ticker's Facebook page, or email doubletake@theticker.org.

Disclaimer: It is up to The Ticker's discretion whether or not to publish certain questions. Additionally, the use of this column is strictly informational. The Ticker is not trying to replace any legal, medical or professional consultation, and we do not claim to be doing so. If you are having serious concerns at school or in life, we recommend you reach out to the Baruch Counseling Center at 646-312-2155.

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SUDOKU SOLUTION: SUMMER ISSUE

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JOEL C. BAUTISTA | THE TICKER

**Starr
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Career Spotlight

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SAVE THE DATE

Fall 2019 Undergraduate and Graduate Accounting Fair
Friday, Sep. 6, 2019, 12:00 p.m. to 4:00 p.m., NVC Gym: Level 2
Network with representatives from various employers from the accounting and finance industries, and land your dream job!

The Spotlight Series: Mastering Your Elevator Pitch (Presented by Surgent CPA)
Tuesday, Sep. 10, 12:30 p.m. to 2:00 p.m., NVC 2-190
Learn how to create, update and master your elevator pitch — a self-introduction that is being used during networking events, interviews and professional meetings.

SCDC TIP OF THE WEEK

CHECK OUT THE **SCDC TIP OF THE WEEK** FROM THE **STARR CAREER DEVELOPMENT CENTER**

“When speaking with employers at networking events which can include career fairs, information sessions and site visits, be prepared to talk about yourself and how you can contribute to their company. It’s important to reference previous experiences which can include full/part-time jobs, internships, class projects, leadership positions, study abroad opportunities, and volunteer experiences.”

– Michael Kalish, Associate Director

INTERNSHIP UPDATE

Verizon

Business Operations Analyst

Verizon is looking for a dynamic new Analyst to join our passionate team and be a part of building the future of media, sponsorships & digital marketing for Verizon.

This entry-level opportunity is right for the person that has a passion for marketing, a thirst for knowledge, and a drive that pushes them to be a self-starter that attacks opportunities and pushes them above and beyond.

This role is a great entry into media, sponsorships & digital strategy, for someone that is getting started and wants to roll up

their sleeves to help drive while learning.

As a member of this exciting team, this role will be responsible for shaping the operations for the activation team, like supporting the Chief of Staff, & Chief Media Officer, support the activation team by end to end managing activities ranging from quarterly business reviews to business updates to employee engagement, developing presentations that outline team and marketing initiatives and program details, manage projects and coordinate team and initia-

tives as assigned, and partner with the Chief of Staff to project manage key team logistics and operations among others.

These positions are based in New York City. 40 hours per week:

Interns must have knowledge of Microsoft Excel, Microsoft PowerPoint, G Suite and must be willing to travel.

Starr Search ID: 127937

DERRIS PR

Fall Content Intern (PR)

Derris is seeking a passionate self-starter to join the company as a member of our Fall Intern team. Working across a variety of accounts, with our Content Team, you will have the opportunity to work with and learn from some of the best in the industry. We want our interns to have the best experience possible and therefore invite them to listen in on calls, observe important meetings and attend office events.

Derris is a brand consultancy headquartered in New York City and London. We approach our work methodically, telling stories with universal impact through strategy, positioning, content and communications. We believe that a brand's story is just as important as tactics and execution. We are defined by our dual-pronged approach: first, we help clients shape their message, and then we help them communicate that story through earned media.

Responsibilities Include: Partner with performance marketing or influencer/talent partners to provide content across advertising platforms, research new creative marketing tactics media formats, channels and digital social trends and proactively integrate into our strategies, discover and guide outreach with emerging creatives to execute our campaigns and build relationships among others.

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