

Be Something

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How does one define kindness? What determines the standards, and what kinds of actions are perceived as kind; as something that means something to someone?

It's different for everyone, of course. Call me unrealistic, call me lame, but when I think of kindness, when I think of someone who does something out of the pure good of their heart, when I think of someone who'd do anything for anyone, when I think of someone who is *kind*, I think of Supergirl.

I know what you're thinking: "Supergirl? She isn't even real!" And yes, I am aware of what reality is and isn't, but that doesn't make my belief any less valid. Anyone who has read or has watched Supergirl, would know that she is a being made of nothing but heart. My mind wanders to two episodes, specifically. In the first episode that comes to mind, Supergirl was powerless. As most of us probably know, she has powers. Incredible powers, that of which she uses to help her city. She uses them to help the people. Yet in this situation, she had nothing; or so one might think. Her strength was gone, her ability to fly was gone, and her eyes no longer held the heat (the literal heat, she has laser vision) they used to. She was outmanned. She was defenseless.

Or so her enemies thought. See, Supergirl did not stand down. She did not back away from the group of civilians that stood behind her, even when she was threatened with her life. No, she was a far cry from weak. She had something that these men didn't. She had ideals, ideals built around goodness. Be kind, have heart, save the city.

I am by no means saying that in order to prove that you have heart, you need to hold your ground against men with guns in order to save a group of civilians. Instead, I'm saying is that it doesn't take powers to be someone's hero.

Kindness doesn't just end with doing something for someone. It's a form of good that takes many shapes. It's divergent, and the possible ways to prove it are to all sorts of different extents.

Sometimes, kindness is simply being there for someone. Being *someone* for someone. Supergirl isn't Supergirl all the time. She's also Kara Danvers, a journalist who lives a (mostly) normal life. She has friends, she has family, and she still has a heart of gold.

If anyone knows of the fictional name of *Luthor*, you would know that the name does not harbor any pleasant feelings. For those who don't know, Lex Luthor was Superman's (Supergirl's cousin) archenemy. He was *not* kind. Lex has a sister, a woman named Lena, who lives under the dark shadow of her brother and mother. No matter what she did, no matter how

many times she proved herself to be anything but what her name carried, not a single person believed in her.

Until she met Kara, that is. Kara made alliances with Lena, and an alliance grew into friendship; into trust. She didn't doubt Lena, she had no reason to. So when Lena was accused of a horrible crime she didn't commit, no one had faith in her, no one except Kara. Long episode short, Supergirl (who is Kara) saved Lena from a near death experience. Supergirl had stated to Lena: "Kara Danvers *believes* in you." Lena had Kara when she had no one else.

And for some people, belief is all that is needed. For others, it's some sort of saving they need. When I think of kindness, and what it means to me, I think of Supergirl/Kara Danvers, because to me, she is a person that represents hope. She is a person that continually displays acts of kindness, whether it's saving a city, or simply being a friend. She is a believer in people, she is a believer in herself, and fictional or not, I believe in her actions.

You don't have to have powers to be someone's savior. You don't even have to be someone's savior.

Be a person who teaches people to believe in themselves. Be someone who makes friendships out of nothing. Give people a reason to smile. Give people a reason to be inspired.

Be someone's Supergirl. Be someone's Kara Danvers.