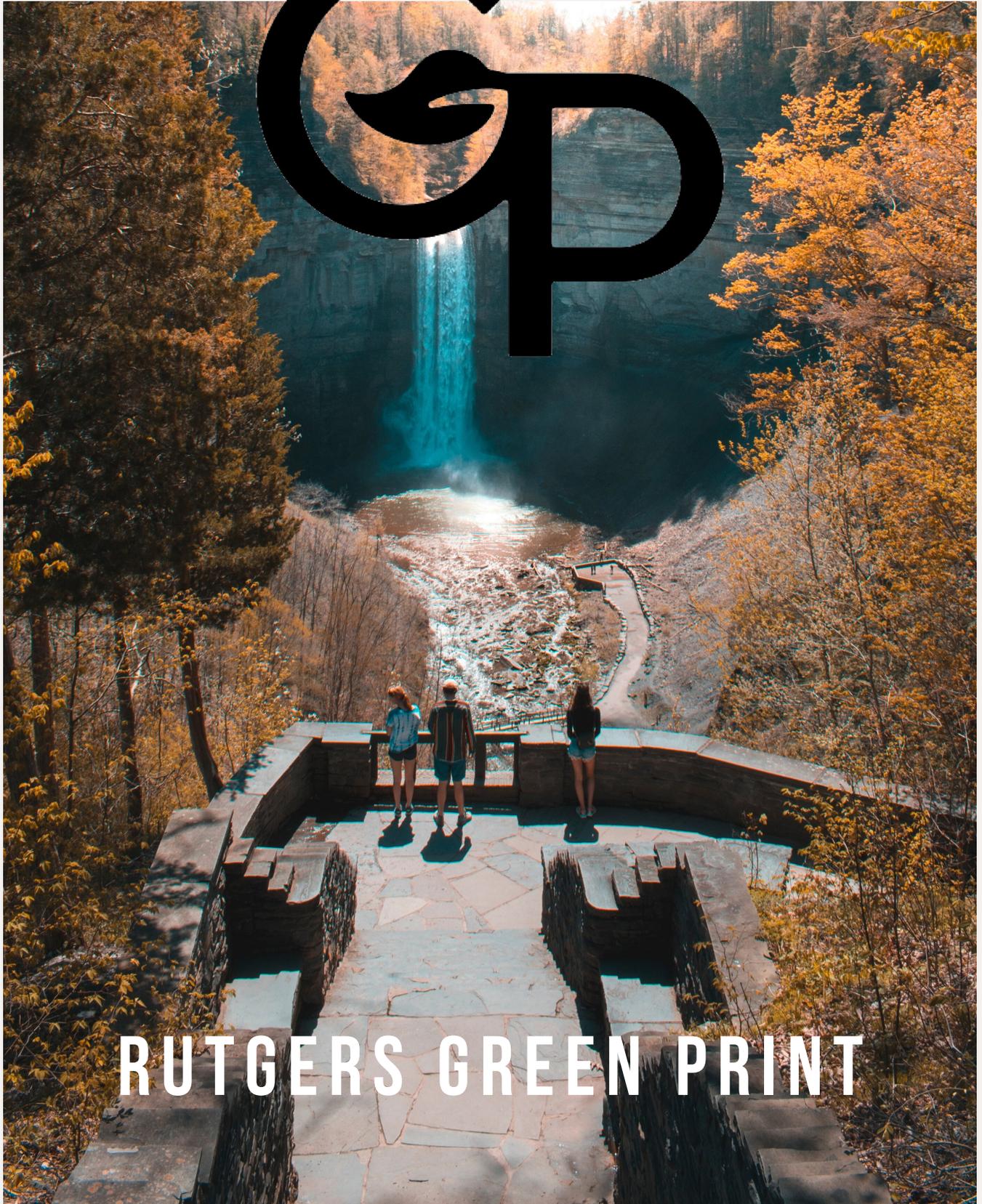


FALL 2021 | ISSUE NO. 40 | NOVEMBER

GP



RUTGERS GREEN PRINT

"AUTUMN SHOWS US HOW BEAUTIFUL IT IS TO LET THINGS GO"
- UNKNOWN

TABLE OF CONTENTS



- 03** Editor's Note

- 04** Climate Change: Developed V.S.
Underdeveloped Countries
By: Natalie I Francesco

- 05** The Interview
By: Bhavya Prakash Gupta

- 07** Want Dementia? Then Don't Read This
By: Henery Velasquez

- 08** A Walk Down the Street- Inflationary Bubble
Edition
By: Prem Patel

- 09** Bucket List for the Traveler: Murrells Inlet,
South Carolina
By: Jeremy Lewan

- 11** Songs for the Season
By: Astha Lakhankar

- 12** Everyday Aesthetics

- 14** Citations



Editor's Notes



Hello Green Print Readers!

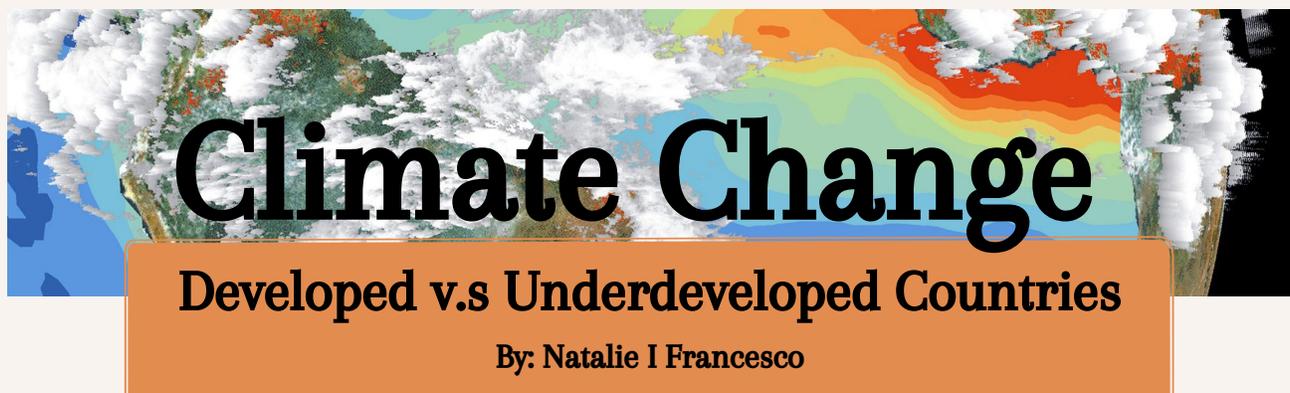
We leave yet another successful semester behind. These past few months have been an enormous transition back into our academic lives on campus. We continue to grow and learn through the inevitable experiences that we come face to face with. There are times when things can get overwhelming, and being surrounded by your friends and family makes things so much better. Hence, being back on campus has helped the mental health of so many students. We have received so many unique articles from every one of you.

Now that we are slowly getting our freedom back, there is so much to talk about and write about. Our outstanding writers have discussed many different topics and provided us with more knowledge. These articles outline the things that our writers find interesting and significant. This is our way of returning to reality and continuing our daily life as it was pre-pandemic. We are all coming out of our little circles and learning how to express ourselves better.

I am excited about what the next semester holds for us. As Green Print editors, we look forward to reading all of your submissions. Writing is a way of expressing ourselves in the best way possible. We can write the things we do not feel comfortable talking about or things that not everyone is interested in. Keep in mind that this is your work. Be proud of all your accomplishments and dedication. We have finished yet another issue and have many more ahead. Let's hope that we have an amazing and fun upcoming semester and are even more involved in our Green Print Club.

Please enjoy our last issue for the Fall 2021 semester! I hope you all enjoy!

Love,
Funda Akilli
Editor



The environmental irresponsibility of developed countries has worsened climate change. Rich countries are the primary greenhouse gas polluters on Earth and have repeatedly ignored the need to be environmentally conscious. As pollution increases, natural disasters become more erratic. Nigeria has felt these degrading impacts as the capital's sea levels rise. By the end of the century, climate models predict that rising sea levels and repeated flooding will make Lagos (a city of Nigeria) unlivable. Since natural disasters destroy the landscape and physically hurt civilians, climate change exploits the financial stability of underdeveloped countries.

As discussed with Nigerian flooding, civilians in developing countries are vulnerable to natural disasters. Unfortunately, as the climate worsens—the intensity of these floods will only increase: “extreme weather disasters have increased nearly 5-fold in the last 50 years....” (BBC America 00:40-00:50). Since developed countries continue to emit an abundance of greenhouse gases, underdeveloped nations will continue to endure physical damage in their communities.

Even though developed countries can withstand the physical damage of natural disasters, this is financially unrealistic for underdeveloped nations. As natural disasters

worsen, developing countries are “... insisting that proper acknowledgment of the costs of loss and damage must be met and paid for.... But that’s easier said than done.... the term of “loss and damage” is a euphemism for something that we are not allowed to say which is “liability and compensation,” those terms are taboo.... because the rich countries are afraid of being accused of being liable and therefore having to compensate” (BBC America 10:30-11:00). Due to their fear of compensation, rich countries do not admit that overconsumption has made the climate more catastrophic. This selfish and ignorant behavior leaves developing countries most vulnerable to climate change, as the perpetrators of these disasters are not held responsible for their pollution.

As the century continues, news of natural disasters devastating communities will regularly occur. Underdeveloped countries continue to be ravished without intervention on climate change, while developed countries are not held accountable for their pollution. The impact of flooding in Nigeria and the pollution from rich countries shows that the climate crisis is felt differently throughout the world and is most devastating in developing countries.

THE INTERVIEW



BY BHAVYA PRAKASH GUPTA

Whether you visit Sandy Hook Beach, hike near the Palisades cliffs, or roam any of the Rutgers' campuses, you're bound to have encountered a familiar critter: barely half an inch long spotted brown and red wings with long legs. Hopping when you go near them, these invasive species arrived in the US in 2014. Since then, these plant-eating lanternflies have spread to New Jersey, Virginia, Maryland, Delaware, and West Virginia. We don't know much about these moth-resembling insects, but after a few tries, I was successfully able to interview one. In this interview, I learn about their perspective and the plight of lanternflies in America. Here is a lightly edited transcript of our conversation.

Bhavya Prakash Gupta:

"People call you a pest, disgusting, yucky; they use profanity against you. How does that make you feel?"

Lanternfly:

"Indeed, the humiliation is constant. However, humans have a superiority complex, so all our brothers and sisters in the animal kingdom are used to it. But, it would be nice if someone just lets us do our business and leaves us alone."

Bhavya Prakash Gupta:

"You and your family invaded Pennsylvania in 2014. And our message has been clear from day one: you are not welcome. So why continue to spread out more and make yourself vulnerable?"

Lanternfly:

"First of all, we didn't invade. We were brought here, and I can't even remember how. But like everyone else, we grew up with the American dream; the house, the picket fence of trees, stable life. My grandmother wanted her kids to have the opportunities that she didn't have. I remember her telling me stories about how there was barely a tree back home, and our entire city had to feast on that one tree. There was no space to eat. Here, there are more trees. There is more freedom."

Bhavya Prakash Gupta:

"Experts say that you and your family harm our agriculture. Since this is not your native land, there is no predator to keep your population in check. What do you have to say to those experts?"

Lanternfly:

"There is nothing to keep humans in check.... Pfft"

Bhavya Prakash Gupta:

"Numerous state governments have legislated that the best way to curb or eradicate your population is by stomping..."

"Lanternfly:

"Stomp us out of existence? Let me tell you how I felt when I woke up near my Academic Building College Avenue and half of my family was dead. Can you imagine that? Humans are barbaric. Sure, they have huge brains, but what's the point of their intelligence?"

Bhavya Prakash Gupta:

"But you leave us with no choice. There is no way to stop your reproduction. You lay your eggs everywhere. We need to protect our local flora and fauna."

Lanternfly:

"Do we deserve to die?"

Note to the Reader: Despite the satirical nature of this piece, spotted lanternflies are a threat to our ecosystem and I fully support the government's plea to eradicate them.





Want Dementia? Then Don't Read This

By: Henry Velasquez

Want to know a secret? Age-related neurological diseases, like Dementia and Alzheimer's, affect about 50 million people in the world. Fine, you got me, that's not a secret, but did you know that number is expected to continue to rise in the coming years and decades? The main symptom of these diseases is cognitive deterioration which leads to issues with one's memory, but how can we prevent this? Find out in the next paragraph!

Harvard Medical School and Boston College found how to potentially reduce the risk of developing dementia. The answer? Enough high-quality sleep. There was an additional benefit! It was also found that mortality due to any cause, also called "all-death mortality", was also reduced by getting enough high-quality sleep. How did they find this out exactly? Well, I'll tell you.

Adults with an average age of 77 were observed over 5 years, as they carried out their lives, to see how many developed dementia or passed away. Compared to those who acquired 7 to 8 hours of sleep, those that got 5 hours of sleep or less each night were found to have about double the risk of developing dementia. This, plus an increased rate of mortality. Why are our brains doing this to us? Why can't we just be at peace?

Lack of sleep and dementia have a connection, but what is it? It's the brain's need to "clean" itself during sleep. That's right, your brain showers too. During deep sleep, the body cleans the brain by removing waste and dispersing important molecules. One of these waste products are called amyloids. What's that? They're a clump of proteins that interfere with brain functions and are associated with Alzheimer's disease. Why should you care? Well, a buildup of these amyloids can form a plaque that interferes with sleep quality itself and hence creates a cycle of poor sleep, your brain not getting sleep, and amyloid building up.

It's not too late for you to start or maybe help others start! Aiming to get good sleep is the first step to preventing age-related diseases like dementia and Alzheimer's. Our health is more important than many things in life, but prioritizing it is easier said than done due to work, school, etc. It's at least not too late to start trying today! You can do this by relaxing before bed. There are many methods to do this, such as meditation and getting exercise regularly! Both of these methods are just a couple of many ways that can improve your quality of sleep and health in general. If you can somehow prioritize your wellbeing over all the hectic requirements of everyday life, please do. Try your best, I believe in you!

A Walk Down the Street - Inflationary Bubble Edition

BY: PREM PATEL



Jerome Powell, the chairman of the Federal Reserve, just recently had a meeting about how he plans to vanquish the rising inflation within the United States. As the chairman of the Federal Reserve, one of his key jobs includes making sure the consumer's perception of inflation is calm. The main reason for this is what the consumer thinks as prices "rising" matters immensely in how Powell responds with monetary policy. If people expect prices to rise in the future, they will be inclined to go out and spend their money today due to the anticipation of inflation. On the other hand, if people expect that they will get more for their dollar's worth in the future, they will stop spending money today, anticipating lower prices. However, if people believe prices will be lower in the future and start saving too much money, this can lead to deflation which is not ideal. To prevent this from happening, one of the tools the Fed uses is lowering the interest rates to incentivize borrowing and spending amongst consumers. Before Powell's recent meeting, the public consensus was that the Central Bank would only hike interest

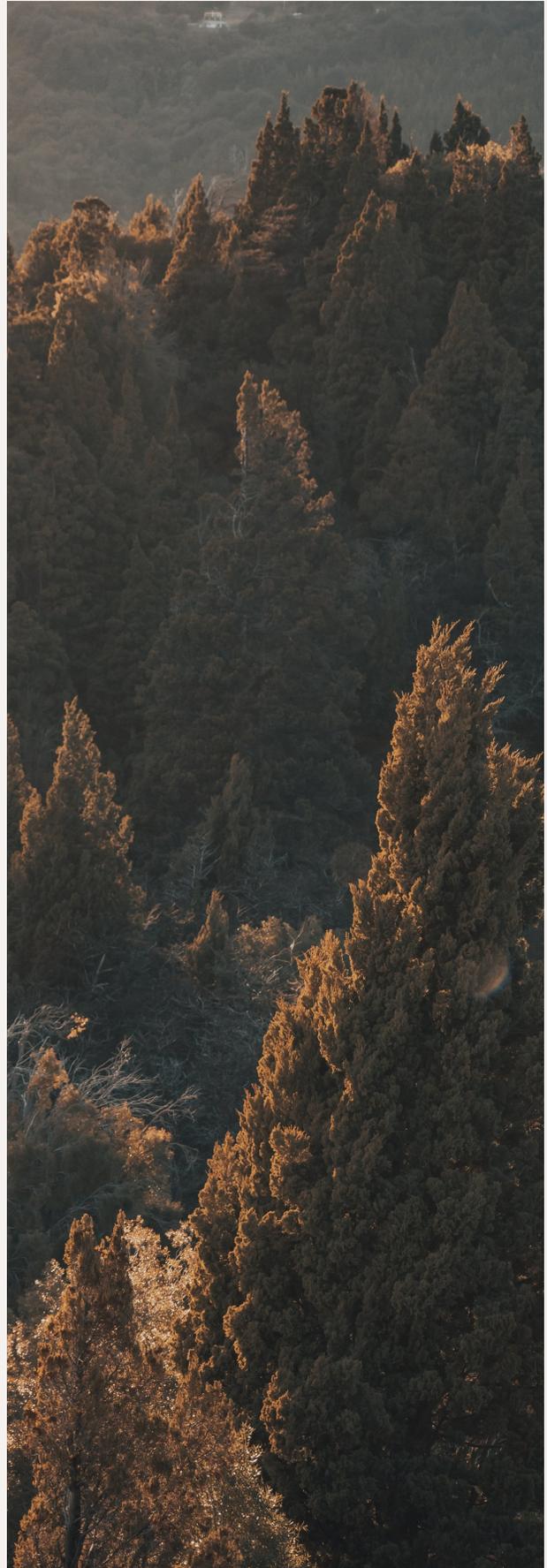
rates twice next year to control inflation. However, this was revised to three rate increases next year during the latest session. Another key metric to look at while gauging inflation is the Personal Consumption Expenditures Price Index. The PCE price index measures the prices that people are paying for goods and services. The most recent PCE price index release showed that it increased 5.7% from one year earlier in November. Excluding food and energy prices, inflation was up 4.7%, the sharpest annual increase since 1989. The main drivers behind the hot market right now include the enormous government stimulus programs that were put into place during the beginning of the pandemic, a shortage of workers in the labor market, and supply chain bottlenecks. With Americans sitting on more cash than ever right now, spending is at an all-time high, and the supply cannot keep up with the demand. Moving forward, it will be intriguing to look at how the market responds to new COVID variants, such as Omicron, and whether it will help in slowing down the heated economy or be another key factor in keeping the current trend going.

Bucket List for the Traveler: Murrells Inlet, South Carolina

By Jeremy Lewan

Tucked away 13 miles south of the frenzy of the Myrtle Beach Strip, Murrells Inlet has become a serene retreat for nature-lovers and retirees alike. It's not surprising that as the current "seafood capital of South Carolina," Murrells Inlet was a former bustling fishing village for the Winyah and Waccamaw Indians. Later, it also became home to rice and indigo plantations for European settlers. At one point, it even served as a lair for the infamous pirate, Blackbeard.

Today, Murrells Inlet is known for its Marshwalk, a ½-mile-long wooden walkway complete with premier seafood restaurants, live music, and unspoiled views of the surrounding protected tidal wildlife refuge.





I went to Murrells Inlet with my friend Aimee and her family. Here we are at the Wicked Tuna, one of the many seafood restaurants along the Marshwalk.

As such, it has become a spot sought out by birdwatchers and eco-tourists. It is also frequented by water-sports enthusiasts, as kayaking, canoeing, paddle boarding, parasailing, jet-skiing, and deep-sea fishing excursions are available from the Marshwalk.



A segment of the Marshwalk.

Also in Murrells Inlet is Brookgreen Gardens, the world's largest outdoor sculpture and botanical garden. Art and history buffs can spend hours strolling through this historic landmark, covering over 9000 acres.



Outdoor waterfront restaurant seating is available right next to the bustling Marshwalk.

Murrells Inlet is a quaint and legendary getaway, intertwining nature, entertainment, and world-class seafood all in a half-mile walk. Be sure to have some Southern hushpuppies, savory deep-fried cornmeal bites. (They were invented here!)



Late night strolls on the Marshwalk.



Songs for the Season

By: Astha Lakhankar

The time between September and December is a cinnamon-scented crescendo to a year-long symphony that can feel tired or dragging at times. These four months consist of holidays, warm meals, and the arrival of cold winds that bring us inside to recharge for the following year. Here are a few songs to listen to as you get through this sometimes reflective, sometimes joyful time of year:

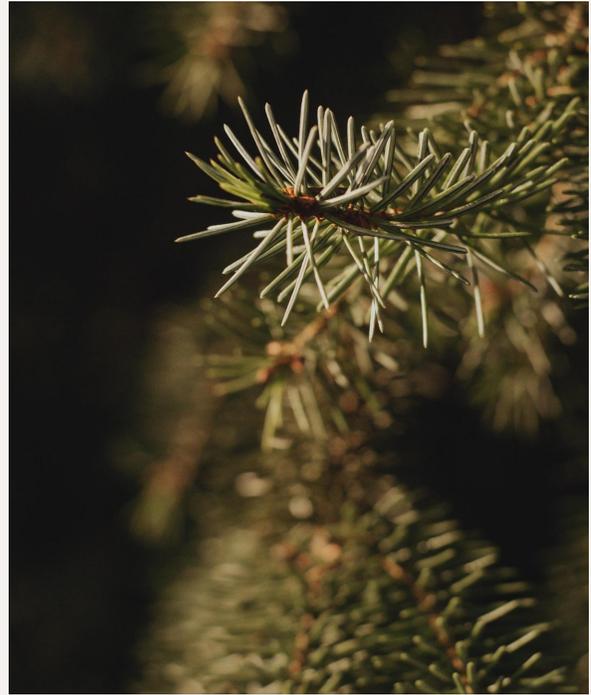
- **“September In The Rain”** by Dinah Washington - The title track of Washington’s 1960 album, this song transports you back to a September spent in love. This bittersweet song is enhanced by Washington’s beautiful vocals as well as a sweet background violin that follows her throughout.
- **“The Only Heartbreaker”** by Mitski - After a three year hiatus, Mitski has returned. This single is the second of two the artist has released, describing a relationship where one feels like they cannot measure up to their partner. With an 80s inspired sound, this track is good for dancing, crying, or both.
- **“We fell in love in October”** by girl in red - This 2018 indie rock love song is famous for its sweet lyrics and dreamy instrumentation. A perfect song to listen to while watching autumn leaves fall down with a special someone.
- **“Nothing New (feat. Phoebe Bridgers) (Taylor’s Version) (From the Vault)”** by Taylor Swift & Phoebe Bridgers - In this standout track from Red (Taylor’s Version), Swift and Bridgers croon a coming of age story. A guitar accompanies the artists who describe their experience as women in the music industry and the fear of growing old. For longtime Swift fans, the song is the quieter, more reflective sister to “The Lucky One (Taylor’s Version)”.
- **“November”** by Max Richter - This instrumental belongs in the Succession soundtrack or in the background of a Shakespearean drama. A relentless violin and a dramatic background orchestra create angst-filled music that makes you feel like an extra in Interstellar (2014).
- **“If We Make It Through December”** by Phoebe Bridgers - Bridgers masterfully covers a 1973 song by Merle Haggard and The Strangers. With fresh vocals and warm guitar, the song is a morning cup of coffee, describing resiliency in the face of economic insecurity and the hope that things will get better.



EVERYDAY AESTHETICS



Simran Patwalia



Jasmine Yoon



Samara Mowla



Shorbon Mowla



Sainaren Chikyal



Sainaren Chikyal



Sandeep Patwalia



Sandeep Patwalia

CITATIONS

Cover Photo

1. Photo by Juan Burgos from Pexels

Climate Change: Developed Vs. Underdeveloped Countries

1. Photo by Jaymantri from Pexels

The Interview

1. Image: https://www.google.com/search?q=lanternfly&tbm=isch&ved=2ahUKEwi658iV_Ob0AhWbhHIEHaFZDoAQ2-cCegQIABAA&ooq=lanternfly&gs_lcp=CgNpbWcQAZIFCAAQgAQyBQgAEIAEMgUIABCABDIFCAAQgAQyBQgAEIAEMgUIABCABDIFCAAQgAQyBQgAEIAEMgUIABCABDIFCAAQgAQ6BwgAELEDEEM6CAGAEIAEELEDOgQIABBDUI8EWP4aYO0maABwAHgAgAF5iAGABZIBBDEwLjGYAQcGgAQGqAQ tnd3Mtd2l6LWltZ7ABAMABAQ&scIent=img&ei=vnu6YbqQKZuJytMPobO5gAg&bih=688&biw=1139&rlz=1C5CHFA_enUS871US871#imgsrc=5SDdVRbdy0bk7M
2. Image: https://www.google.com/search?q=lanternfly&tbm=isch&ved=2ahUKEwi658iV_Ob0AhWbhHIEHaFZDoAQ2-cCegQIABAA&ooq=lanternfly&gs_lcp=CgNpbWcQAZIFCAAQgAQyBQgAEIAEMgUIABCABDIFCAAQgAQyBQgAEIAEMgUIABCABDIFCAAQgAQyBQgAEIAEMgUIABCABDIFCAAQgAQ6BwgAELEDEEM6CAGAEIAEELEDOgQIABBDUI8EWP4aYO0maABwAHgAgAF5iAGABZIBBDEwLjGYAQcGgAQGqAQ tnd3Mtd2l6LWltZ7ABAMABAQ&scIent=img&ei=vnu6YbqQKZuJytMPobO5gAg&bih=688&biw=1139&rlz=1C5CHFA_enUS871US871#imgsrc=rLMHsQ-pYGzFxm
3. <https://www.nj.gov/agriculture/divisions/pi/prog/pests-diseases/spotted-lanternfly/>
4. https://www.agriculture.pa.gov/Plants_Land_Water/PlantIndustry/Entomology/spotted_lanternfly/SpottedLanternflyAlert/Pages/default.aspx

Want Dementia? Then Don't Read This

1. Photo by Kindel Media from Pexels
2. <https://www.lifespan.io/news/why-quality-sleep-should-be-part-of-your-longevity-strategy/>
3. <https://pubmed.ncbi.nlm.nih.gov/33570509/>
4. <https://science.sciencemag.org/content/342/6156/373>
5. Hill, S. (2021, May 13). Why Quality Sleep Should Be Part of Your Longevity Strategy. Lifespan.io. <https://www.lifespan.io/news/why-quality-sleep-should-be-part-of-your-longevity-strategy/>.
6. Robbins R;Quan SF;Weaver MD;Bormes G;Barger LK;Czeisler CA; (2021, February 11). Examining sleep deficiency and disturbance and their risk for incident dementia and all-cause mortality in older adults across 5 years in the United States. Aging. <https://pubmed.ncbi.nlm.nih.gov/33570509/>.

7. Xie, L., Kang, H., Xu, Q., Chen, M. J., Liao, Y., Thiyagarajan, M., O'Donnell, J., Christensen, D. J., Nicholson, C., Iliff, J. J., Takano, T., Deane, R., & Nedergaard, M. (2013, October 18). Sleep Drives Metabolite Clearance from the Adult Brain. Science. <https://science.sciencemag.org/content/342/6156/373>.

A Walk Down The Street - Inflationary Bubble Edition

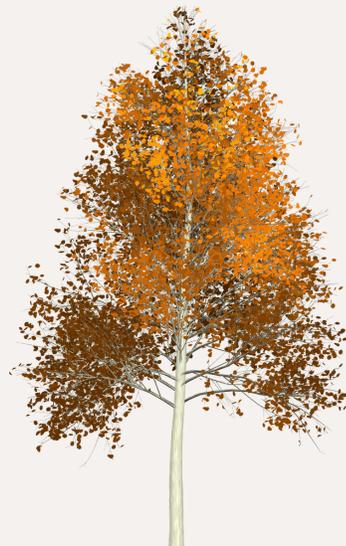
1. Photo from Yan Krukov from Pexels
2. "Summary of Economic Projections - Federalreserve.gov." Federal Reserve, 15 Dec. 2021, <https://www.federalreserve.gov/monetarypolicy/files/fomcprojtabl20211215.pdf>.
3. "Personal Income and Outlays, November 2021." Personal Income and Outlays, November 2021 | U.S. Bureau of Economic Analysis (BEA), 23 Dec. 2021, <https://www.bea.gov/news/2021/personal-income-and-outlays-november-2021>.

Bucket List for the Traveler: Murrells Inlet, South Carolina

1. Photo by Gaspar Zaldo from Pexels
2. <http://murrellsinletsc.com/>
3. <https://www.visitmyrtlebeach.com/plan/neighborhoods/murrells-inet/>
4. <https://www.myrtlebeach.com/myrtle-beach-area/murrells-inlet/>

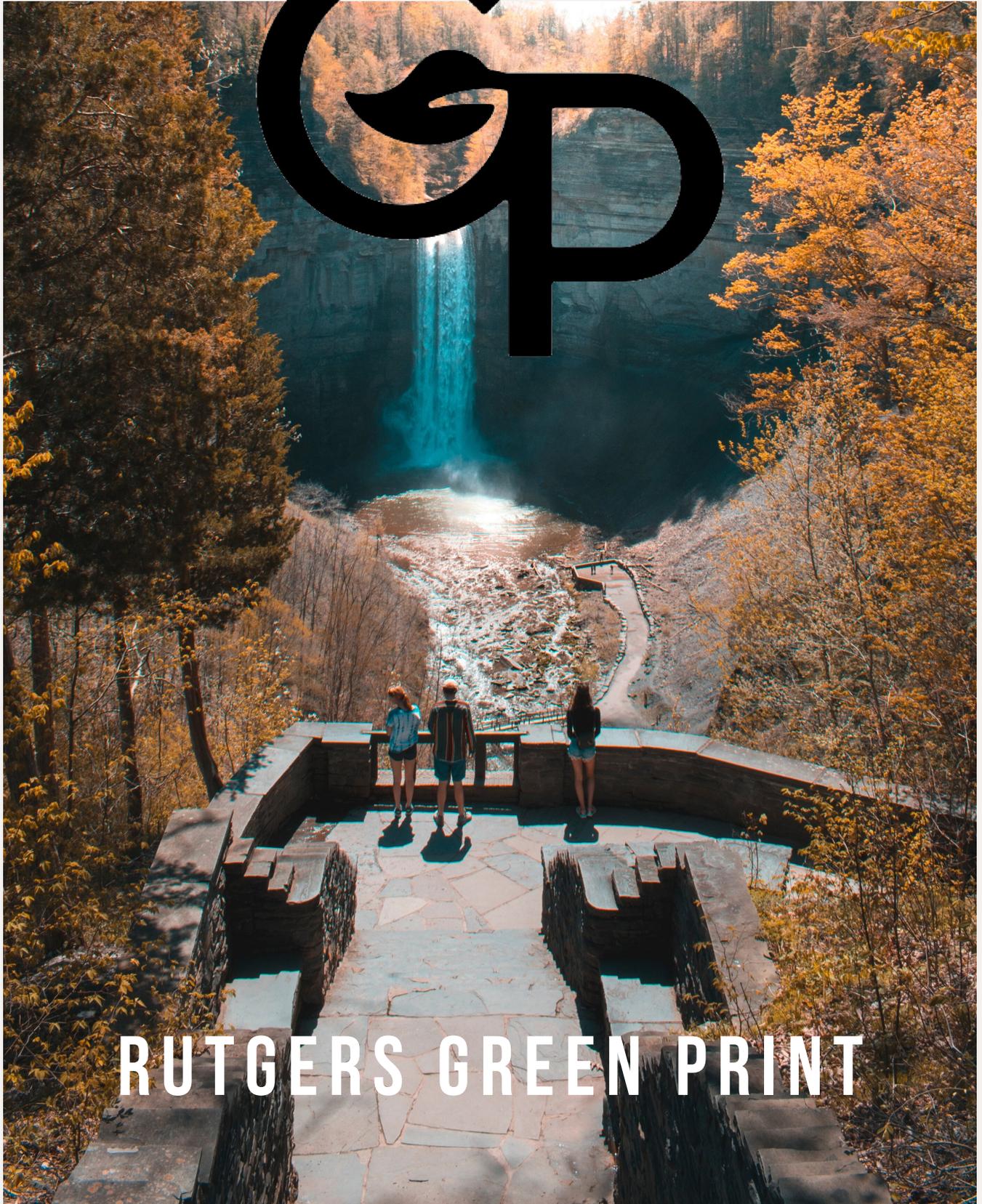
Songs for the Season

1. Photos By David Bartus from Pexels
2. Phot by Karolina Grabowska from Pexels



FALL 2021 | ISSUE NO. 40 | NOVEMBER

GP



RUTGERS GREEN PRINT

**DESIGN BY: SANDEEP PATWALIA
COVER PHOTO: JUAN BURGOS**