



RUTGERS
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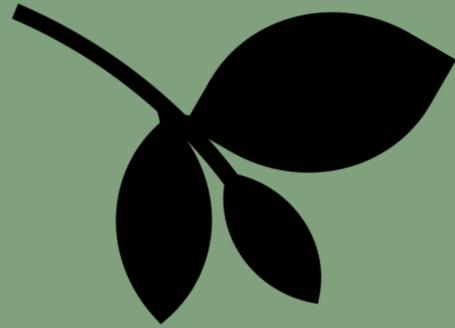


Table of Contents

| | |
|----|--|
| 3 | Editor's Note |
| 4 | 4 Virtual Things That Will Help With Quarantine Productivity |
| 6 | Bucket List for the Traveler: The Maldives |
| 9 | How To Cope With Taking 18 Or More Credits Per Semester: COVID Edition |
| 10 | Comic Of The Month |
| 11 | 5 Tips to Correct Your Posture for Online School & Work |
| 12 | Passion Puddle Playlist |
| 14 | Works Cited |



Hello Green Print Readers!

Finally, with a warm heart we welcome our members back from a rather unforgettable summer. Our staff and I can only hope everyone has been safe and taking care of themselves and their loved ones.

The momentum for cultural and political change stemming from the Black Lives Matter Movement has finally shaken the world awake. Following the killing of George Floyd by Minneapolis police, thousands flooded to the streets in support of those who were taken from our human family. First in Minnesota, then in every state in the U.S. and many places around the world, communities rallied to protest police violence against Black Americans, and systemic racism as a whole.

As human beings we usually fight for the things that move us out of complacency. We fight for clarity and truth telling. We fight for a world that we want our children to live in. A world we want our communities to thrive in. Personally, 2020 has opened up my eyes towards the society we are living in. As I participated in multiple protests throughout New Jersey I came to realize that everyone around me was fighting for the same cause. Whether they were Black, White, male, female, old, or young-there was no division, only unification through the desire for justice and equality.

Issues of racism cuts across all spheres of our lives, including the criminal justice system, the healthcare system, and even the education sector. I'd like to take this moment to encourage people to continue to pay attention and to make sure that their voices and concerns are being heard. Individually we are all strong, but collectively we are indestructible.

*With immense love,
Samara Mowla
Editor*

4 Virtual Things That Will Help With Quarantine Productivity

By Myah Rios

Virtual school is difficult, especially for people like me who only have asynchronous classes and are procrastinators to the bone. So I've compiled a list with several free apps, extensions, and more that have helped me become more organized and productive.

1. Momentum

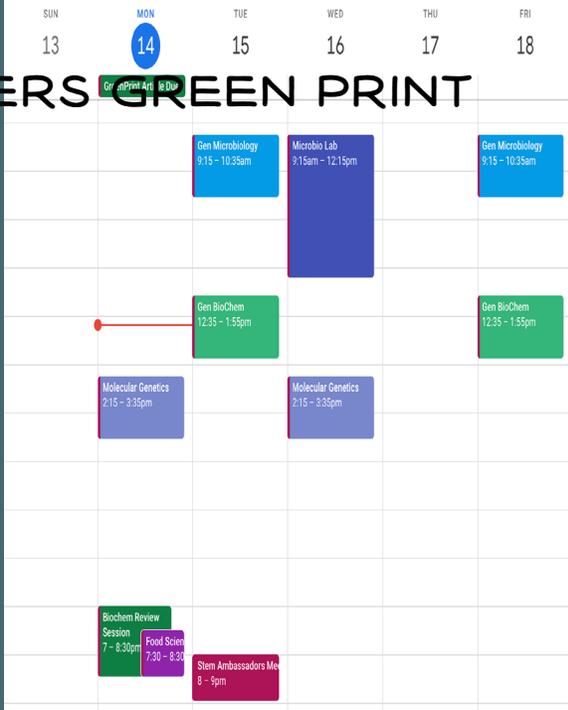
Momentum is a chrome extension that transforms your plain "new tab" page into gorgeous scenery. Not only does it have a new nature photograph every day, but it also has additional features like a to-do list, a weather display, and a new motivational quote for each day. A feature that I really like is that you can check off the things you've completed and it will cross it off for you, which is very satisfying. I find this extension very helpful for my productivity.



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Good afternoon, Myah.

What is your main focus for today?

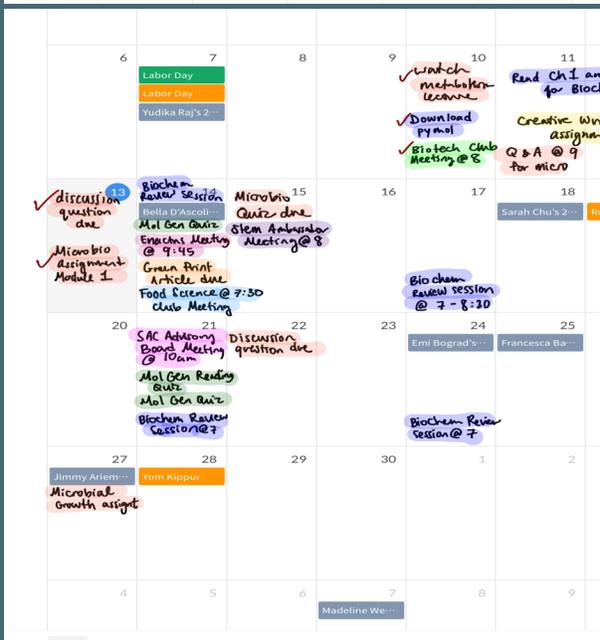


2. Google Calender

This might seem like an obvious one, but I feel like not enough people utilize Google Calendar. While it can be nice to have a physical planner, Google Calendar can do things that no physical calendar can do. It sends you reminders, and those reminders can show up on your phone! This will be especially helpful to freshmen, in the first few weeks of school when you are still figuring out your schedule. My go-to practice is to set reminders 30 minutes and 10 minutes before class, so that I have enough time to prepare for and/or leave for class. Even though school is online now, this feature is still very helpful and also great for reminding you about club meetings or review sessions.

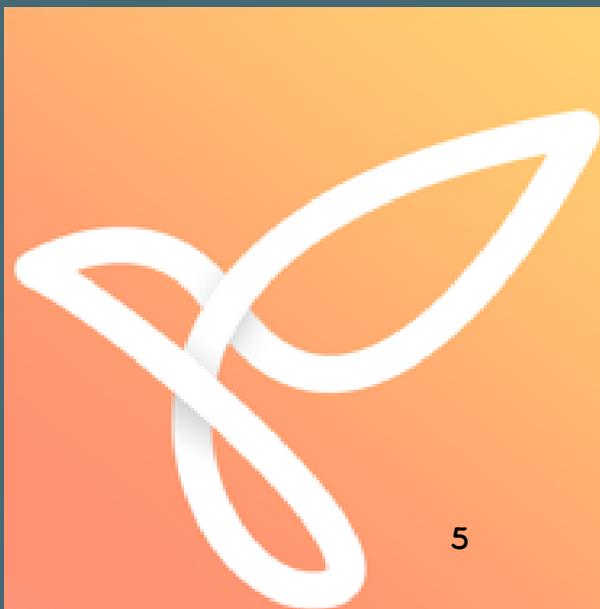
3. Planner

Recently I bought an iPad and an Apple pencil, so this app goes out to all you folks! While I love Google Calendar, I also enjoy more of a journal type of planner-something that I can decorate and make my own. That's how I found this app. It's called "Planner" and it's free in the Apple App store. Not only can you use this app to write in your own events and highlight them, but you can also add stickers and change the stationary print. Another great feature is that you can synchronize it with your Google Calendar! Personally, I like to use my Google Calendar for classes and meetings, and use this app as more of a to-do list for my quizzes and assignments.



4. Youper

This app is extremely beneficial and I think that everyone should try it. Youper is a wellness and therapy app run by AI software. The app itself is free, with options to buy a premium subscription, but I believe that a premium subscription isn't needed for daily usage. Without the subscription, this app functions as a mood tracker and performs short wellness questionnaires. I really like the mood tracking feature because it asks you to choose the factors in your day that contribute to your mood. This is good practice for mindfulness and can help you understand the factors that trigger certain emotions in your life. While it might not overtly be a productivity app, I find it incredibly satisfying, at the end of the day, to input how I am feeling.





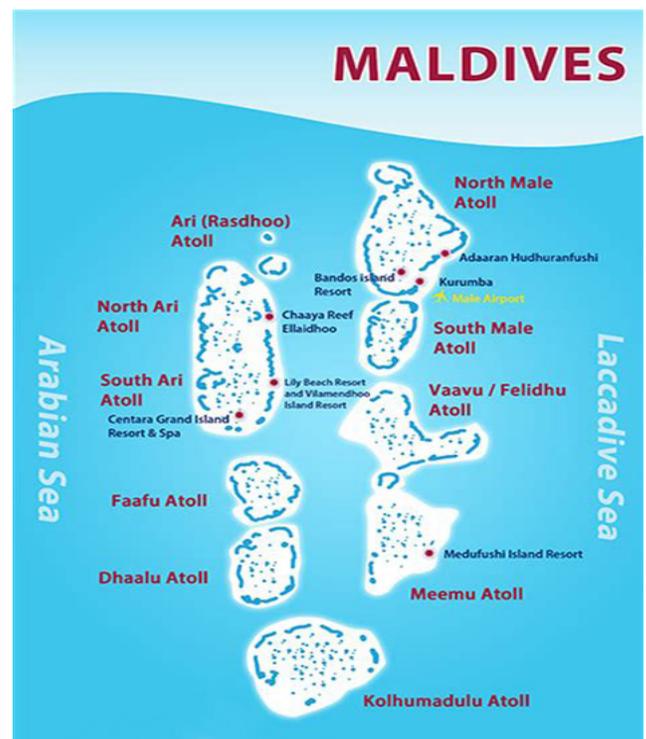
Bucket List For The Traveler: The Maldives

By Jeremy Lewan

Soft, warm, pure white sand and gracefully-swaying palm trees, surrounded by glistening turquoise waves, compose the unbelievably beautiful island archipelago of the nation of the Maldives.

This enchanting 26-atoll tropical hideaway, made up of about 1200 coral islands scattered across the Indian Ocean, is located approximately 700 miles south of the Indian subcontinent and Sri Lanka.

The country is home to about a half-million Maldivians, a diverse group of Islamic people with a blend of Arabic, African, and Asian features.



A map of the Maldivian Atolls

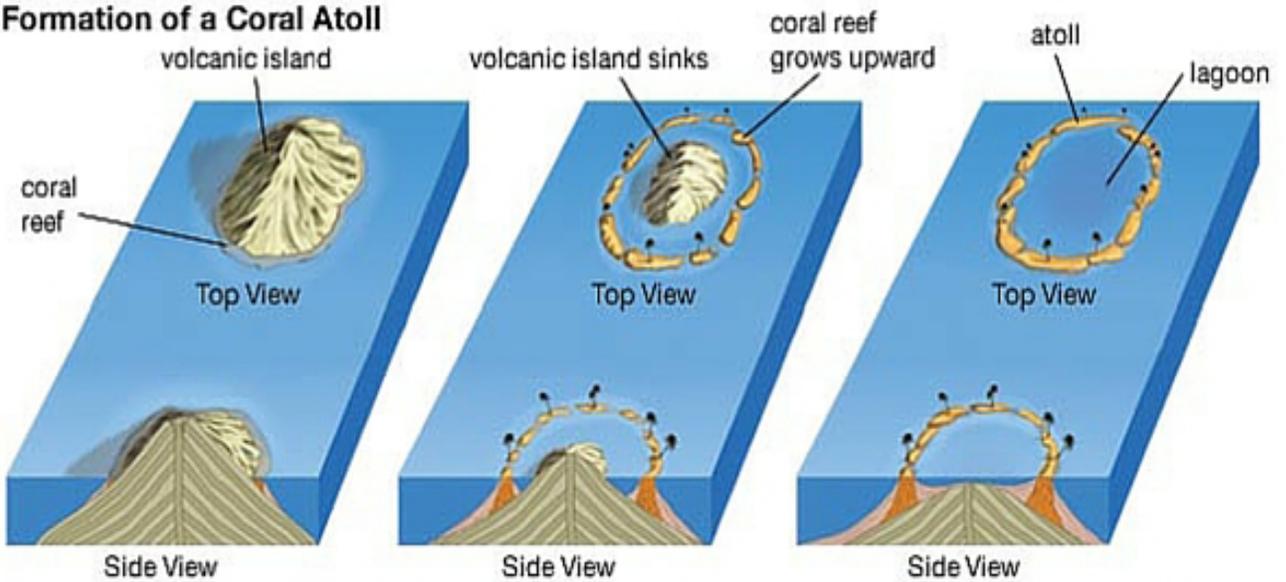


The Maldivian people have a diverse set of features.

Me and my dad during a visit to the Maldives in 2006.

The Maldivian Atolls were created by coral reef formation on the peaks of the submerged mountain range that spans across the center of the Indian Ocean. The reefs eventually emerged from the water, accumulated sand and debris, allowed a place for vegetation to take hold, and began island formation. The reefs in the middle collapsed and the strongest corals on the rim of the atoll remained.

Formation of a Coral Atoll



This diagram explains how the Maldivian Atolls were formed.



Snorkeling in the Maldives

The Maldives is every diver's dream destination: it is one of the most coral-rich regions in the world, supporting more than 2,000 species of colorful coral and fish that exist in its crystal-clear, warm waters. Large schools of masked bannerfish, vermilion rock cod, emperor angelfish, cuttlefish, sea turtles, and manta rays glide through the waters. The coastal waters of Male' Atoll are a surfing hotspot, where the reef generates exhilarating surf breaks. Whale and dolphin tours are also popular in the Maldives as 16 different species have been spotted in the Maldivian waters. Windsurfing, canoeing, sailing, deep sea fishing, jet skiing, and water skiing are also available.



Maldivian politicians signed a declaration on climate change underwater in 2009 to raise awareness of its country's impending doom.

A rise in sea levels caused by climate change poses a daunting threat to the islands, 80% of which are below sea level. Reports by the Intergovernmental Panel on Climate Change predict that most of the nation's islands will be inundated by the end of the century, creating a humanitarian refugee crisis. A rise in ocean temperature also threatens the islands' reefs as warmer temperatures kill the corals. In order to raise awareness of the climate crisis, Maldivian officials held the world's first underwater cabinet meeting to sign a declaration on climate change.

In order to save this rare island nation, climate change must be mitigated immediately. The fate of future generations of Maldivians hangs in the balance.

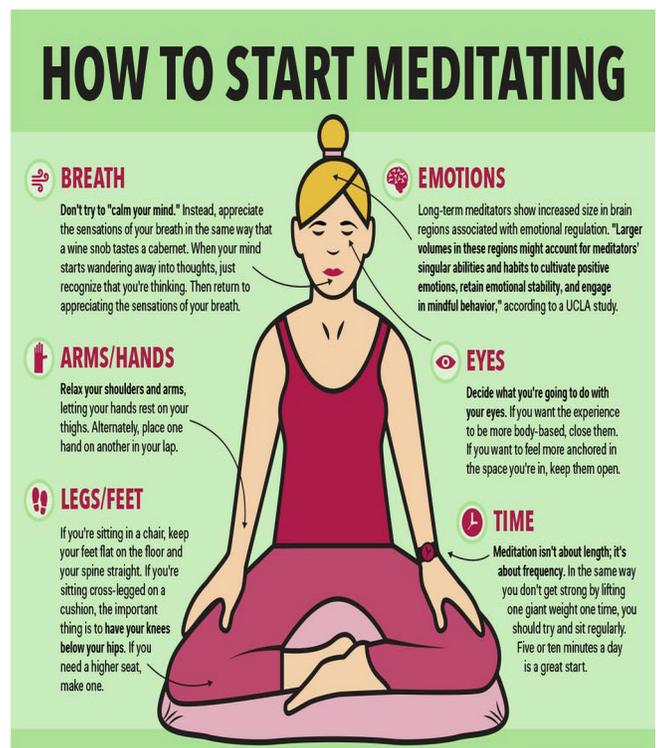
How To Cope With Taking 18 Or More Credits Per Semester: COVID edition

By Jessica Mukhija

The fall semester has been underway for 3 weeks now, but it hasn't been anything like the usual in-person semesters. Personally, I have noticed that the workload has increased tremendously. Professors do not always respond to emails, if at all. Each class has 5-6 things due per week, and not every professor is accommodating when it comes to giving students an extra chance to complete a missed submission. I missed a quiz that I wasn't aware of, as each of my classes had discussion posts, surveys, quizzes, and assignments all due on the same day, around the same time.

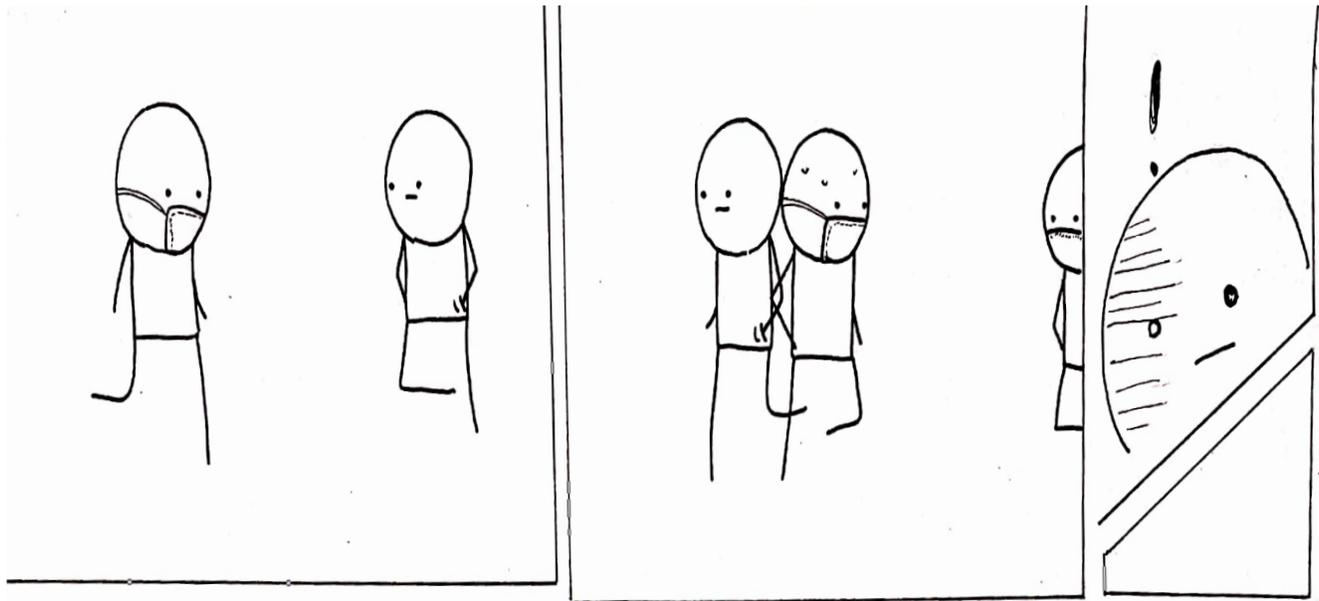
This is my first time taking 18.5 credits in a single semester. In the past, I have usually been more organized when it comes to completing assignments on time. However, since the start of the COVID pandemic, my sleep schedule has been affected, and I have had to make time for multiple things. If you have had difficulty trying to keep up with everything so far, like me, here are a few ways we can make our semesters better:

1. Have a checklist so you can keep track of the tasks that you've completed each day
2. Stay hydrated-it will keep you awake!
3. Eat well, as it will give you adrenaline to do more work
4. Write down and highlight the things you need to do each day
5. Put reminders in your phone for upcoming quizzes and assignments
6. Improve your sleep schedule so that you sleep on time and wake up early. It'll give you more time to complete things during the day
7. Take breaks in between classes
8. Meditate to release the stress
9. Spend time with family and friends safely
10. Do something that will take your mind off of work and stress



COMIC Of The Month

By Joe Gonzaga

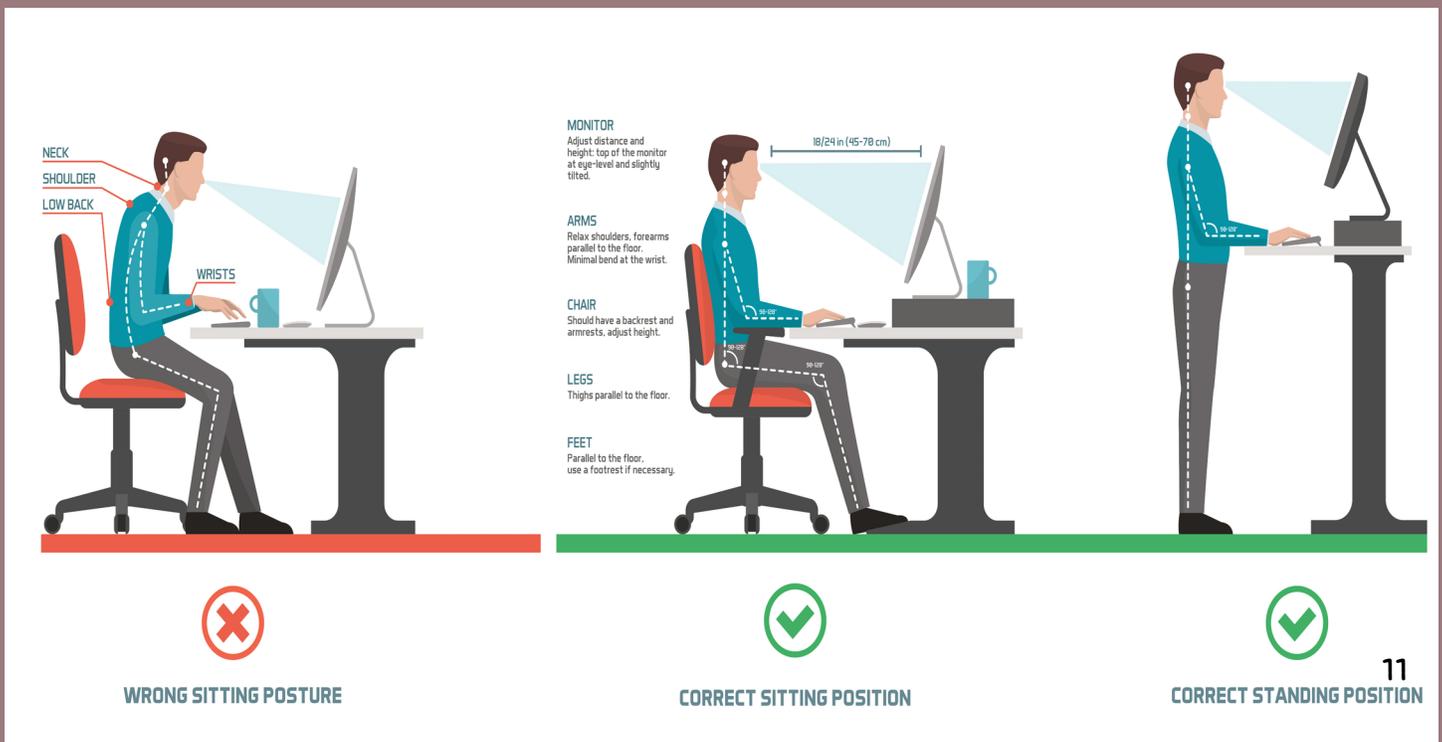


5 Tips to Correct Your Posture for Online School & Work

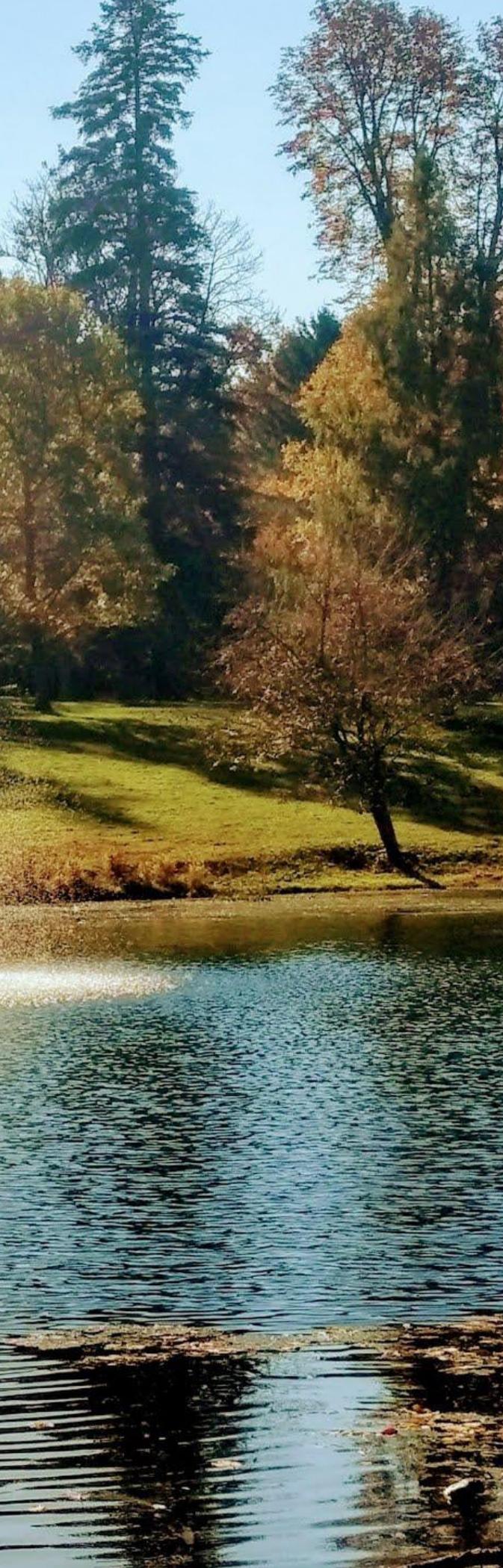
By Allison Almaeda-Ahmadi

Due to the recent coronavirus stay at home orders and quarantine, many workers and students have ditched the office or the classroom in favor of working from the comfort of their homes. Desks and office chairs have been switched for coffee tables and couches. Many do not have access to proper office or study environments at home, which may pose a problem for focus and efficiency. Home furniture is not always ideal for maintaining proper posture to prevent back and neck pain. Here are some tips that can help improve your posture while working or studying at home:

1. Try to place your computer screen at a height where your eyes line up with the top of the screen
2. If your chair or barstool is too high, place some books or a stool under your feet so that your hips are at a 90 degree angle
3. If your laptop or monitor is too low for you when placed on a table, put it on top of some books for added height
4. If sitting in your chair for long periods of time eventually makes your back ache, you may be lacking lumbar support. Use a pillow or soft item to wedge between your back and the chair for support
5. Get up from your workstation and stretch every once in a while







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Passion Puddle Playlist

By Rajbir Singh

Hello everyone! As we are going into the fall season, this playlist relates to the changing weather and environment around us, and represents the mood around Passion Puddle at this time of the year. I was trying to recreate an upbeat yet soothing compilation of music that you can listen to as you watch the colors of the leaves change, and the animals scavenge for food. Hope you guys enjoy it.

1. Daniel Caesar ft Kali Uchis - Get You
2. The Weeknd- Blinding Lights
3. Childish Gambino- Feels Like Summer
4. Soul For Rain- Candy Rain
5. Drake- Laugh Now, Cry Later
6. Doja Cat- Say So
7. Chris Brown, Young Thug- Go Crazy
8. Post Malone- Circles
9. Kane Brown, Swae Lee- Be Like That
10. Calvin Harris ft Pharrell Williams, Katty Perry, Big Sean- Feels

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Bucket List for the Traveler: The Maldives

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DESIGN
ILINA JAMBHEKAR

COVER PHOTO
SAMHITA VADAPALLI



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