



RUTGERS
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Hello Green Print readers!

I often get asked what Green Print is about - many just assume we just write about environmental issues or are tree-huggers or something. While that may be true, there's also much more than that. I like to think Green Print represents an example of organic material - a place where people have the freedom to write for themselves and their peers. We are constantly growing to be better writers who communicate our truths to the readers of our issues. To me, that's what puts the Green in Green Print: the lack of artificiality in our writing.

As my time with Green Print draws closer to the end, I am beginning to reflect upon how much both I and the club have grown. When I first joined, I was a sophomore looking for a low-commitment extracurricular to throw on a resumé. If you scroll down far enough on our website, you can find my first piece in October of 2016 - a simple four stanza poem. Today, I am Editor-in-Chief and President of GP! In nostalgia and retrospect, all the changes seemed seamless, and I can honestly say I am proud of all the growth that has occurred.

I hope Green Print maintains its essence of non-artificiality and truth even after I graduate. It would be nice to have contributed meaningfully to something that lives on.

Read on readers, and enjoy the issue!

With love,
Andrew Cumming
Editor



HUMANITARIANISM: HELPFUL OR HARMFUL?

BY WAMIA SIDDIQUI

Humanitarianism. Philanthropy. Volunteering. These are all words that are likely to evoke a positive connotation, conjuring images of the best of humanity, of people trying to help and uplift each other. The operative word here, however, is “trying.” At times, what seem like noble pursuits can have sinister consequences. As Felicia Philbert, Direct of the Women for Political Change likes to succinctly explain, what really matters is “Impact over Intent.”

The paramount example of this would be the entire existence of the concept of “voluntourism” where certain individuals pay thousands of dollars to go on trips abroad to “volunteer” in “underprivileged” countries. And while the various social media posts about such trips may seem to say otherwise, they are problematic and may actually cause more harm than anything else to the native populations.

There are multiple reasons as to why this is true. First, a lot of these short-term trips, especially at the university-student level, are crowdfunded because of the exorbitant price. Additionally, there’s a huge difference between a group of licensed doctors being flown into a country to treat patient, and a group of privileged pre-med college students without certification talking about the importance of dental hygiene to kids just a few years younger than them. Another resounding issue with voluntourism trips is the inherent racism and prejudice that may underlie people’s claimed reasons of wanting to help-- in other words, the “white savior complex.” People at times see themselves as qualified to somehow go to places in Africa or South America to save

starving children, without really paying heed to the fact that 1 in 5 children in America still go hungry each year. Finally, these trips spanning only a week or two often involve working with the stereotypical “poor child,” with whom volunteers claim to make connections with. As it turns out, the repeat cycle of making new “friends” and then never seeing them again can be psychologically traumatic--- and the programs themselves are many times not actually effective.

Larger well-known nonprofit organizations themselves may also engage in broader cases of “voluntourism,” plagued with scandals where the people who were supposed to help others in need ended up causing harm. A good case study is the situation in Haiti after a massive hurricane destroyed infrastructure and lives, leaving the country in dire need of aid. In these terrible times, several non-governmental organizations, or NGOs, stepped in to try to alleviate the rampant disease, poverty, and general suffering of the Haitian citizens-- among them were both OxFam International, and Peacekeepers from the United Nations.

The results were terrible. OxFam staff sent to Haiti to help pass out food and other basic necessities were later revealed to have engaged in the sexual exploitation and abuse of many women so much so that the Haitian government eventually revoked OxFam’s access to the country on account of “violation of Haitian law and serious violation of the principle of the dignity of the human beings.”

The United Nations Peacekeepers sent in to the island to prevent chaos from ensuing and ensure order in a time of need ultimately introduced cholera to the population, catalyzing an epidemic that killed an estimate of almost thirty thousand Haitians. Clearly, neither organization really lived up to its mission and very much were detrimental to an already devastating situation there.

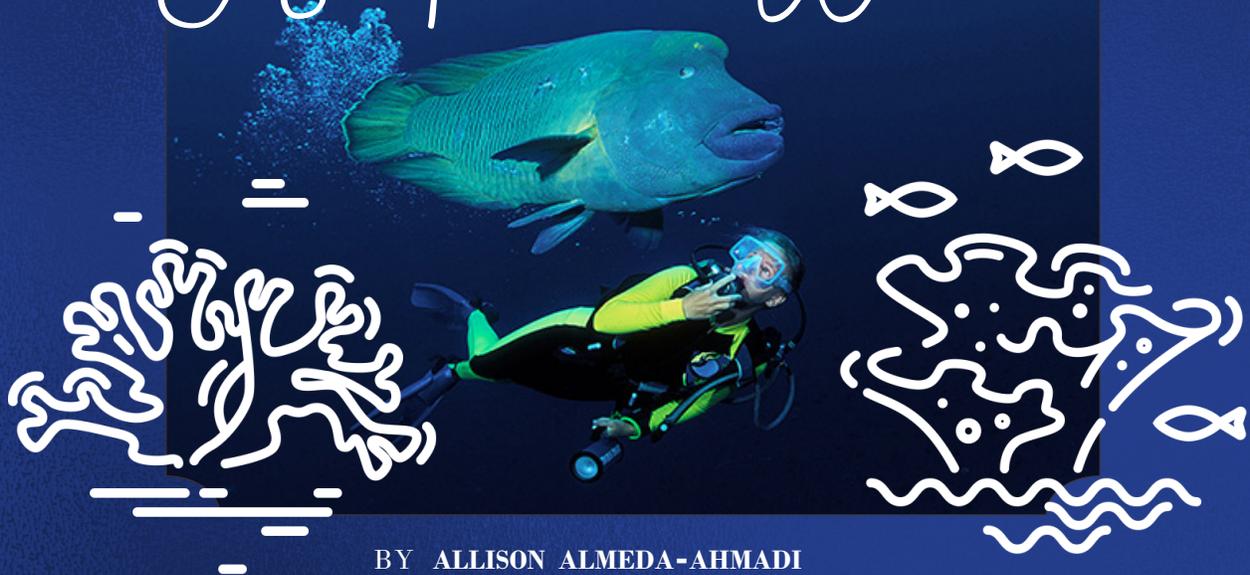
The recent crisis in Bangladesh involving an influx of Rohingya Muslim refugees fleeing religious persecution in Myanmar offers another insight into the ineffectiveness of volunteerism. With the surge of people in need in Bangladesh, came a surge of NGOs and volunteer workers ready to “help.” Research from the Bangladeshi national government revealed otherwise, as nearly 150 crore Bangladeshi taka, or about 17 million US dollars, were spent on the workers’ hotel and lodging costs alone. Less than a quarter of the 682 million dollars in aid for Rohingya refugees that was donated actually ended up being used in programming by all NGOs operating in the area collectively.

Overall, volunteer and humanitarian organizations may be a great way to contribute and be a positive force in the world, but there’s always another sinister side to the story. The best way to do good is to start with your own community and give what you can while trying to balance good



ENDANGERED SPECIES OF THE MONTH:

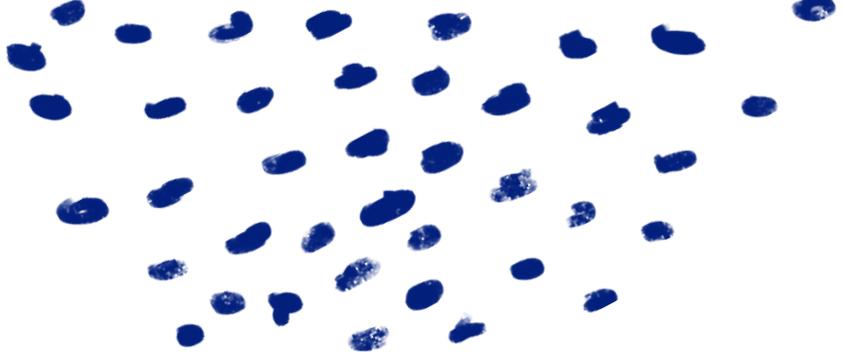
Humphead Wrasse



BY ALLISON ALMEDA-AHMADI

Coral reefs are home to a diverse array of species, each with their own crucial role in the ecosystem. One species of fish, the Humphead Wrasse, never fails to stand out. Measuring around 6 feet long and weighing over 400 pounds, the Humphead Wrasse is a large coral reef fish characterized by a big forehead bulge. These fish play a significant role in controlling the mollusk, starfish, and crustacean populations. Humphead Wrasse eat large amounts of crown-of-thorn starfish, which can damage coral reefs when their populations are not kept in check. The Humphead Wrasse has become endangered from overfishing due to its high value as a luxury food and pet. Many parts of Southeast Asia consume this fish as a delicacy or keep

them in tanks. The World Wildlife Foundation (WWF) is currently working in Southeast Asia in countries like Malaysia to stop the sale and trade of the Humphead Wrasse. The WWF has created a program in which the fish are bought from fisheries and put back into their natural habitats in an effort to restore the Humphead Wrasse population within coral reefs. Great progress has been made so far, with over 860 members of the species put back into their natural habitats. If you would like to help in saving the Humphead Wrasse, the World Wildlife Foundation is helping protect them as well as numerous other coral reef species. You can donate to this foundation at <https://www.worldwildlife.org/partnerships/bank-of-america--12>



passion puddle playlist

BY ANDREW CUMMING

1. "PASSED YOU BY"
CHICANO BATMAN
2. "BOOMER ETC."
WALTER ETC.
3. "ROLL BUS ROLL"
JEFFREY LEWIS AND THE
JUNKYARD
4. "HOPE"
ROAR
5. "RAINING"
FRONT BOTTOMS
6. "YOUR RACIST FRIEND"
THEY MIGHT BE GIANTS
7. "JUNKIE CHURCH"
AJJ
8. "THE BEER"
KIMYA DAWSON
9. "PEACH TO A PEACH"
CYBERBULLY MOM CLUB
10. "NO CHILDREN"
THE MOUNTAIN GOATS
11. "UNCLE REMUS"
FRANK ZAPPA

DEBUNKING

GMOs



MYTHBUSTING THE BASICS OF GENETIC MODIFICATION

BY HENRY VELASQUEZ

Did you know organic food is also genetically modified? Just not in the way you think. GMOs, or genetically modified organisms, have a bad reputation amongst some members of the public. Whenever you hear “GMO” you may immediately think of CRISPR and genetic engineering. Many believe that they are a new kind of food that has become widespread as of recent, however; genetically modified organisms have existed since humans first started farming thousands of years ago! Through the process of artificial selection, in which humans selectively choose to breed plants and animals that possess traits they desire, we have changed the genes of the food we eat to suit our needs and wants as a species.

Genetic engineering is simply a quicker and easier method of producing plants and animals with desired genes. It involves extracting DNA from one organism and putting it into another organism. This ultimately results in the same product that artificial selection led to: genetically modified food with higher yields that need less added chemicals since they



are more resilient. They are two separate methods of accomplishing the same goal of genetic manipulation. For example, creating a disease-resistant plant through traditional selective breeding is not going to be any more or less risky than creating a disease-resistant plant through genetic engineering. Both are equally safe in terms of genetics.

In the near future, GMO products will have to be labeled as “bioengineered,” which indicates that it was genetically modified. Plants that have been made through artificial selection, such as organic and conventional food, will not have to be labeled as bioengineered, but plants made through genetic engineering WILL. You, the consumer, deserve to know that bioengineered plants are ones that have undergone any genetic engineering process such as gene deletion, gene duplication, foreign gene introduction, or gene position change. You also should know these processes are the exact same ones that occur during the breeding of plants. As sexual reproduction takes place between plants, a gene can undergo many changes. Some of these changes include deletion, duplication (sometimes entire genomes are doubled), new mutant genes from one of the parent plants being introduced, and the position changing of genes. Genetic changes like these, through traditional selective breeding, are random and unpredictable, whereas through genetic engineering they are

always executed as accurately as possible and on purpose. In both cases, they are done to try and improve the plant.

No matter how your food is made, whether by nature or by scientist, you don't have to be afraid to eat it. Organic crop production may actually be more detrimental to the environment than conventional and GMO crops! To learn more about that, tune in next time to discuss the environmental impact of GMOs and organic crops!



THE PERCEPTION GAP BETWEEN CONSUMERS & SCIENTISTS ON GMOS

BY JULIA BUTTGEREIT

The term “genetically modified” is scary enough to induce nightmares for many consumers, despite the lack of scientific proof that genetically modified foods, also known as GM foods, are more dangerous than conventional food products. No matter where your opinions stand on the GM controversy, there is no debate that the perceptions of consumers and scientists are vastly different.

Wildest Dreams

BY ANJALI MADGULA

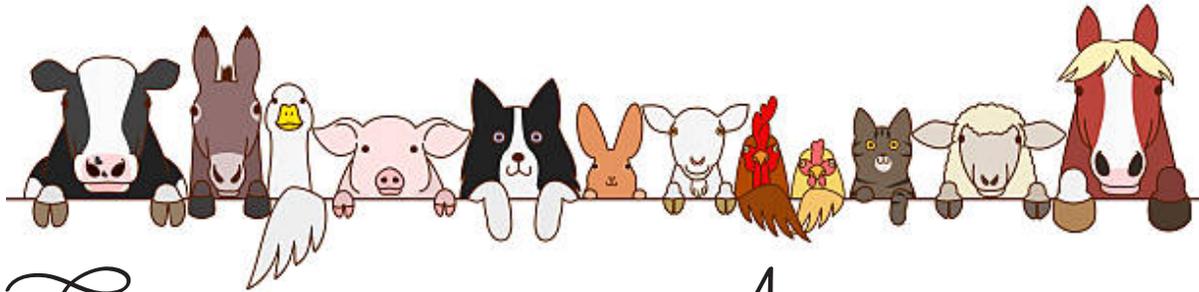
The tourists are confused
when they dream of the Dodo bird
So tethered and devoted
to their only island home
flightless and falling suddenly
Into endless sleep

Somewhere far a girl
dreams of the Atlas Bear
The savage capture
and exploited wilderness
When humans teach animals
what it means to be animal

A young boy in the South
dreams the green flight
of the Carolina Parakeet
He is running over the fields
behind his middle school playground
and he swears for a second
that they coexist
before waking up convinced
he had conjured something
only real in his imagination

Soon the children dream of the koala,
the polar bear, the blue whale
They wonder in awe how the world
was ever so varied and growing
So strange and full





Sustainability in Agriculture: **POLYFACE FARM**



BY MEGAN YUEN

It's no secret that today's food production system, specifically livestock production, is focused on mass production (maximizing production in the least amount of space possible). From excessive antibiotic use to concentrated animal feeding operations (CAFOs), this system has created an unhealthy approach to food, both for our personal health and for the environment. This current standard makes it difficult for small farmers to be successful in the industry, as their production levels are often not profitable. One farm that defies the odds is Polyface Farm, a family-owned farm located in Shenandoah, Virginia.

According to USDA criteria, Polyface is considered a large farm, as their annual profits exceed \$400,000. This farm manages to remain successful without the use of CAFOs, chemical fertilizers, antibiotics, pesticides, and

other conventional livestock production tools. Instead, this farm uses "natural patterns" to maximize the use of the land without the need for external resources. Polyface raises cattle, turkeys, chickens, pigs, and rabbits, and each animal plays a different role in the food system. The livestock are rotated around the farm according to their "natural patterns" to optimize use of the land and maintain the grass without depleting it.

To start, the cattle graze on a section of land, acting as a "mower" and removing the need for an automated grass-cutter. After the grass has been sufficiently consumed, they are moved to another plot. While they are eating, cows naturally produce waste that is left on the land. After several days, flies have laid eggs in the feces, and larvae begin to grow. This is when an "Eggmobile" full of laying hens are placed

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on this plot and are able to eat the larvae and other bugs as well as younger, more tender grass. In this way, the poultry act as a natural sterilizer of pests. Additionally, the cow manure left behind is a natural fertilizer for the ground and promotes the growth of nutritious grass which will later be consumed by the cows once they return from their rotation.

Polyface also has a pole shed in which cattle are sometimes housed and fed. The ground of the shed contains wood chips, sawdust, and old hay to absorb the feces produced by the cattle. After some time, the cattle are removed and corn ferment is added to the shed as the farm's pigs enter. While the pigs feast, they root up the wood and feces, and the mixture ultimately turns into fertilizer that is used on the land for a healthier food system.

In a way, these practices are more labor-intensive, but they eliminate the need for exterior resources such as tractors, fertilizer, antibiotics, and pesticides. This system is very efficient, and it is clear that Polyface is doing a lot correctly, as seen by their sales and environmentally-cognizant procedures. Another unique feature of Polyface is that the food produced is never shipped. Customers must travel to the farm in order to purchase the foods produced. Their customers are willing to drive very long distances (even 150 miles) to purchase their meat since the quality is worth the efforts. If you are interested in learning more about this efficient food system and where our food comes from, read the Omnivore's Dilemma by Michael Pollan or check out Polyface Farm's website at www.polyfacefarms.com/





THINKING BEYOND DICHOTOMIES: *MORE THAN TWO SIDES TO A STORY*

BY **PADMA SAMHITA VADAPALLI**

We are living in an incredibly divided world today. Democrat or Republican? Left-wing or right-wing? Pro-life or pro-choice? This list can go on for several pages, including differences in religious beliefs, personal philosophies, cultural backgrounds, political alliances, and moral preferences. Every conflict in opinion and every disagreement seems to generate a climate of animosity, instability, and hate within our societies. How can we possibly overcome such inherently present differences and come together- not just as a community, but as fellow human beings? In this article, my intent is not to argue for or against any of the previously mentioned viewpoints. It is to make you question: why do we see this world the way we do?

I believe that the root of this division stems from the problem of dichotomies. The dictionary defines a dichotomy as a “division or contrast between two things that are, or are represented as, being opposed or entirely different.” In other words, two irrevocable opposites which cannot possibly be united. When we think of the issues rampant in this country, we approach them in this way. We tend to see them as dichotomies constituted of two opposing, polar sides - right or wrong, and positive or negative. From the media channels which present only conflicting perspectives to a problem, to the news outlets which constantly instigate debate and argument, dichotomies are everywhere we look. We often integrate them into our lives almost subconsciously.

The problem with this approach is the fact that this version of reality is far from the truth. It is often more complicated and multidimensional than we presume it to be. Dichotomies force you to choose between them. Oftentimes by choosing one, you are denying the other. When we begin to view situations as black or white, we miss out on the incredible amount of gray which lies between them. This gray area can be difficult to navigate as it is a place of blurred lines, overlapping ideologies, and indistinct ethics. However, without understanding its presence, one can never gain a complete understanding of the bigger picture.

We are all constantly in the pursuit of the truth, yet we seem to assume that there is only one truth. By believing this, we are creating and placing limits on ourselves. If we were

to break the barriers between the choices we see, we would have access to an entire spectrum of new possibilities. The next time you are faced with a dilemma, think before you pick your stance between yes and no, or right and wrong. Is there an answer at all? Or are there multiple answers?

Some may question this concept, and understandably so. How can something be two completely opposite things simultaneously? Doesn't that defy the realms of logic? To this I say, not necessarily. Consider the wave-particle duality of light for instance. After years of debate, physicists found that light behaved as both a wave and a particle. This contradictory existence indicates that it is possible for something as fundamental as light to disobey the rule of dichotomy. In fact, as we delve deeper into quantum physics, many more of such examples can be found. This concept can be applied to other areas as well- especially to the blurred grounds of morality, ethics, religion, and philosophy.

Deborah Tannen, in her book “The Argument Culture,” quotes “Most theories are wrong, not in what they assert but in what they deny.” I challenge you to think about what it is that you are denying with your beliefs. I urge you to step out of this dualism of thinking and question the answers that you have found. We say that there are ‘two sides’ to any situation. It's time to start considering the possibility of the existence of more than just two.



THE MILLENNIAL SHIFT: FROM FAST FOOD TO FAST CASUAL

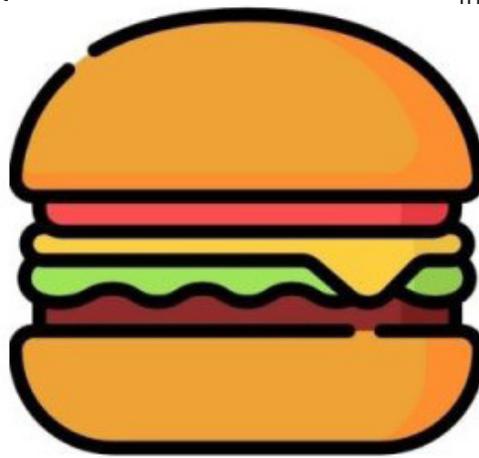
BY **CHRISTIANA DALTON**

The McDonald's 'Golden Arches' are recognizable around the world; you can order a variation of a Big Mac Meal at any of the 37,855 locations that can be found in over 100 countries. Over the years, McDonald's has become a symbol of American culture, globalization, and capitalism. The rapid expansion that the franchise has seen since its birth in the 1950s is astounding. From billboards to facebook ads, the Happy Meal has been something that millions of Americans have seen constantly throughout their lives, especially in childhood.



Despite this ubiquity, McDonald's has seen a steady decrease in revenue over the course of the past 5 years. The fast food giant has dropped down from earning 28 billion in revenue in 2012 to 21 billion in 2018. McDonald's, however, is not the only one that is taking a hit - Burger King and other conventional fast food chains have been on a gradual decline that doesn't seem to have an end in sight. Why is this crux of our culture seeing such a significant decrease in revenue? The answer lies in culture as well: young people are changing the way we eat.

As McDonald's and other conventional fast food chains lose traction in the marketplace, companies that are able to keep up with consumer trends are taking their lost revenue. Emerging chains like the Halal Guys, Honeygrow, and Duck Donuts have followed the path that Chipotle and other established fast casual chains have paved. These fast casual restaurants are taking over the food industry as consumers, specifically millennials, are demanding higher quality food. In addition to taking advantage of changing consumer preferences, quick service restaurants have had the opportunity to claim additional revenue as spending money on eating out continues to increase. In 2016, Americans spent 766 billion on eating out but that number has jumped to 798.7 billion in 2017.



The rise in disposable income and increase in percentage of income spent on restaurant food has only benefitted these new fast casual chains; Chipotle has reached the #6 spot in revenue of restaurant chains worldwide.

Young people are demanding more from the food industry than any other generation in U.S. history, and the food industry is taking note. The

development of non-GMO labeling, organic foods, and local food movements have resulted in a shift in preferences for restaurants and chains. This shift in demand has been amplified by the increase

in food purchasing power as millennials are spending a greater share of their income on eating out. These factors combined with the presence of food pages and videos of social media have resulted in a change of tastes and preferences. The millennial shift within the food industry is responsible for the increase in overall price and quality of the food we are eating, as restaurants like Chipotle and Panera seem to be the future of eating out. Though McDonald's Golden Arches may still be the most prominent symbol of American culture today, in 20 years it may be the Chipotle Chili Pepper that takes over the spotlight.



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