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Hi Green Print Readers,

I think most of us will agree when I say that this semester has been like no other. For me, it has been quite strange, stressful and even a little enlightening. We, as a world, are collectively experiencing something monumental. In this very second, we are all living through history. I came across an article the other day-the Historical Society of Washington DC has initiated a project called "In Real Time", where residents were asked to document their current way of life in the pandemic. People sent in photographs, articles, and even comics, capturing the events of their day to day lives. I like to think of this magazine as our own version of the project-a cumulative of the experiences and thoughts of our staff, our personal documentation of today's time.

In the heart of this pandemic, Green Print brings to you, our very own quarantine issue. We've included news articles, political perspectives, stories and even recipes to help you get through this tumultuous time. I'd also like to take this moment to thank our entire team-including our writers, photographers and designer- for their hard work and persistence this semester. This truly would not have been possible without them.

We will see you in the fall, and hopefully feel the sun on our skin again.

Love,
Samhita Vadapalli
Editor





Sign Letter for COVID-19 Relief: The Green Stimulus Package

By Anjali Madgula

With the COVID-19 pandemic, we as a nation are finally forced to conduct a long needed and fought for reevaluation of our current systems, and their ability to protect public health and economic well-being in the short term and long term. The pandemic has exposed deep and dangerous faults in our system as the crisis spurs injustices and leaves high impact on low income communities, people of color, homeless people, incarcerated people, and undocumented people. These issues and the need for inclusive government aid do not seem to be fully reflected in the current legislature produced by this administration. Not to mention the absolutely brutal and traumatic situation of hospital workers and essential workers on the frontlines of the crisis.

However, it is important to remember that before COVID-19, issues of injustice and the need for reform both have a long and dark history. Before this crisis, we were fighting for divestment from fossil fuels, prisons, war, Apartheid, and more. We were fighting for corporate regulations, a Green New Deal, and Medicare for all. It is important to see that though fighting for public health is number one issue now, it is in no way an isolated issue.

We demand a COVID-19 response that puts people before profit!

Thus, coalitions of scholars, activists, and community members have proposed a Green Stimulus Package that “creates millions of family-sustaining green jobs, lifts standards of living, accelerates a just transition off fossil fuels, ensures a controlling stake for the public in all private sector bailout plans, and helps make our society and economy stronger and more resilient in the face of pandemic, recession, and climate emergency in the years ahead.” The need for decarbonization is now. The looming pressure of climate change and the need for us to be carbon-free by 2030 has not gone away. In fact, this pandemic has made it clear that the need for adaptability and strong long term preparation for possible disaster is absolutely vital to our survival as a species in the future.



The proposal is aligned with the 5 Principles for Just COVID-19 Relief and Stimulus developed by over 300 environmental, justice, labor, and movement Organizations: “(1) Health is the top priority, for all people, with no exceptions; (2) Provide economic relief directly to the people; (3) Rescue workers and communities, not corporate executives; (4) Make a down payment on a regenerative economy, while preventing future crises; and, (5) Protect our democratic process while protecting each other.”

This stimulus package is important at this pivotal moment in history where the need to put millions of Americans back to work and build a livable future is undeniable. The authors of this letter are calling on members of congress to carry these policy ideas that include in depth descriptions of necessary housing, transportation, labor, energy, agriculture, environment, foreign policy, regulation, and investment legislation. Details of these policies can be found [here](#). Please consider endorsing and sharing this letter.

My Cacao Story: Producing a Rutgers Chocolate Product

By Sebastian LaBarbera



Some prefer coffee in the morning, others tea, but for me, nothing prepares me for the day more than a mug of homemade hot chocolate. Hot chocolate in the morning has been my daily ritual for many years. I love it because it gives me energy and quickens my transition from a sleepwalker to a fully functioning human. In high school, I had hot chocolate less frequently, since I had less time to sit down and enjoy breakfast. I nearly forgot about my love for hot chocolate until my freshman year at Rutgers, when I took a class called Plants and People, taught by Professor Kristoph, as an elective in my Ecology and Evolution curriculum. One day, as a part of our lecture, Professor Kristoph invited Dr Thomas Gianfagna from the Plant Biology department to give a lecture called “The Chocolate Tree: From Ancient Food to Modern Medicine”. Dr Gianfagna’s lecture had a deep impact on me because I learned about the profound health benefits that cacao had. As he explained, cacao beans are rich in a polyphenol known as epi-catechin, which relaxes blood vessels and increases blood flow to the heart and brain. Unfortunately, this polyphenol is lost when chocolate is processed, which is why unprocessed and unfermented cacao is so healthy. Professor Gianfagna also explained that although cacao fruit can be

extremely difficult to find in the U.S., there are new chocolate products which are high in polyphenols such as CocoaVia powder.

These remarks left a bitter taste in my mouth, as I was determined to try chocolate in its purest form—a wish that would not come to fruition until my trip to Brazil in the summer of 2017. It was there that I was able to try many fantastic fruits that I had never had before, such as acai, caju, guava, passion fruit, and cacao. The experience of trying these fruits for the first time was incredible, and I will never forget when I first tried unprocessed chocolate. It was life changing, because I felt like I had been missing out on something I loved. I realized that all the chocolate I had ever had was derived from cocoa powder that had been highly processed. Through Dutch processing, cacao loses most of its flavor, as well as its healing properties: the polyphenols and flavanols (antioxidants). Transfixed by the wonderful richness of that chocolate, I became obsessed and determined to learn how to make it myself. So, upon returning to the U.S., I asked my stepmother, who grew up in Brazil, to help me learn how to make chocolate from

scratch. Luckily, she knew exactly how to make it since her mother made it for her when she was a kid. The only issue was that I could not find cacao pods for sale anywhere. After months of searching, I still could not find the fruit, and my research uncovered that in the U.S., there are only a couple of plantations that grow cacao, which is not sold commercially. The only way to buy cacao, therefore, would be through a seller that imports the fruit. Fortunately, I was able to find a seller who imported it from Ecuador. After a day of travel and paying a hefty price, I finally had my hands on what I so desired.

Holding the enormous, brightly colored fruit in my hands, I had a hard time imagining how it would be transformed into chocolate. The process began as soon as I got home. Here are the steps:

1. The pod must be cut in half and then opened, revealing the cocoa beans, all of which are covered in a thick sweet pulp. There are about forty beans in each pod.
2. The pulp must be cleaned off each bean.
3. The beans need to be dried. To speed up the process, I used a dehydrator, which takes about six hours.
4. The beans must be roasted until golden brown. This can be done in a toaster oven.
5. The papery skin on each bean must be peeled off, so that all that remains are the nibs.
6. The nibs are put into a food processor, and ground into a thick paste.
7. The paste is put into a container and cooled, until it hardens.



After I created my cacao bar, I decided to make hot chocolate. All I had to do was grate the bar and add a bit of milk and sugar. It was incredible, and its brilliance really got me thinking. I wished that more people in the U.S. had the opportunity to try chocolate in its purest and healthiest form. Suddenly, the memory of Dr Gianfagna's lecture came back to me, and I remembered that cacao was being grown in Rutgers greenhouses. My vision was starting to come to light: a chocolate bar created from cacao grown at Rutgers that could be sold at the Harvest café. After a day of organizing my thoughts, I wrote to Dr Gianfagna and told him about my vision. After a couple of weeks of no response, I started losing hope that my idea was being taken seriously. However, after a few more days, I was delighted to have received a response. Dr Gianfagna was excited about my proposal and asked me to meet with him as soon as possible. This was the beginning of an ecstatic journey.

When I first met Dr Gianfagna, I told him about how I came to learn about the health benefits of cacao through his lecture, and how I learned to make chocolate from scratch. I

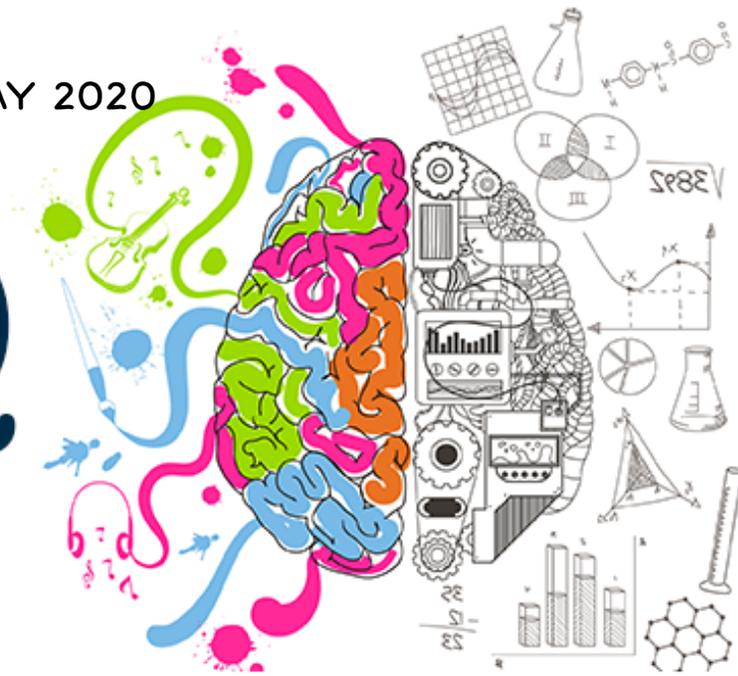
explained my idea of marketing a cacao product to students through Harvest Cafe, and how I thought the product was perfect, since it increases nitric oxide, which reduces blood pressure and improves vascular function. Pleased with my proposal, Dr Gianfagna asked me to bring him a sample of the chocolate milk I made. Seeing his face light up when he first tried it made me smile, and we both decided that a chocolate milk rather than a bar would be the best thing to produce. The next time we met, he asked me to make him samples with the cacao grown in the Rutgers greenhouses, as well as a sample made with the CocoaVia powder. After picking out a few pods from the trees, I was ready to get started. A week later, I presented him with the samples. The chocolate milk made from the Rutgers cacao blew the CocoaVia out of the park (which is not the healthiest option anyway, since it is high in saturated fat). In my hopeful mind, I saw this product going far. Dr Gianfagna told me about his connections with the director of Harvest who would be open to the idea. To my knowledge, no university had done something like this.

We both genuinely wanted it to work and we had good reason to believe that it would. On one hand, the taste was incredible, and on the other, science had backed up that fact that it had numerous health benefits. Unfortunately, this was the point in the journey where we started encountering some problems. Firstly, we were coming to the realization that creating a chocolate product from cacao grown at Rutgers to sell at Harvest was not going to work. This is because there just was not enough. The trees in the greenhouses are grown in pots, and so the pods that grow are very small. This cacao is grown for research purposes, not consumption, after all. So, with half of my vision in the waste bin, we considered an alternative option: sourcing Cacao beans from overseas, (sourcing the fruit itself would cost a fortune). The problem with this is that by law, all cacao that is imported must be fermented (a process which negates many of the health benefits).

After a year of working on this project, I felt frustrated that my vision was not working out. At this point in my university career, I had already changed my major and had my mind on other things. At the end of it all, I was extremely thankful to Dr Gianfagna who worked very patiently with me. It is my hope that one day, someone will continue this project where I left off.



EQ



IQ

Why is EQ a better predictor of success than IQ ?

By Dilara Karahan

In the book, “Emotional Intelligence”, Gill Hasson explores how managing your emotions can make a positive impact on your life and career. He argues that the smartest people aren’t the ones who are the most successful or the most fulfilled in life. Likewise, being clever, talented or skilled is also not enough. Experience or qualifications might get you the job, but it’s your ability to manage other people and your interactions with them that will keep you there and enable you to progress in your work. Emotional intelligence can help you manage interpersonal conflict by allowing you to effortlessly navigate the social complexities of work or school environments.

“Emotional Intelligence isn’t quite as quantifiable as its pal Intelligence Quotient (IQ). Therein lies the first problem – it can’t be supported with data in quite the same way as IQ. As a result, from school onwards and into our workplaces, IQ has traditionally been easier to measure and therefore carried more weight”.

Most people don’t realize how their emotions play a significant role in their lives. Our thoughts and behaviors are reinforced by our feelings. Therefore, if one can control their feelings they can also control undesirable behaviors and thinking patterns.

What exactly is Emotional Intelligence (EQ)?

Emotional intelligence by definition is simply the capacity to be aware of, control and express one's emotions, and to understand others emotions judiciously and empathetically. The factors that make up emotionally intelligent individuals are:

Self awareness - The ability to be conscious of one's thoughts, feelings and behaviors

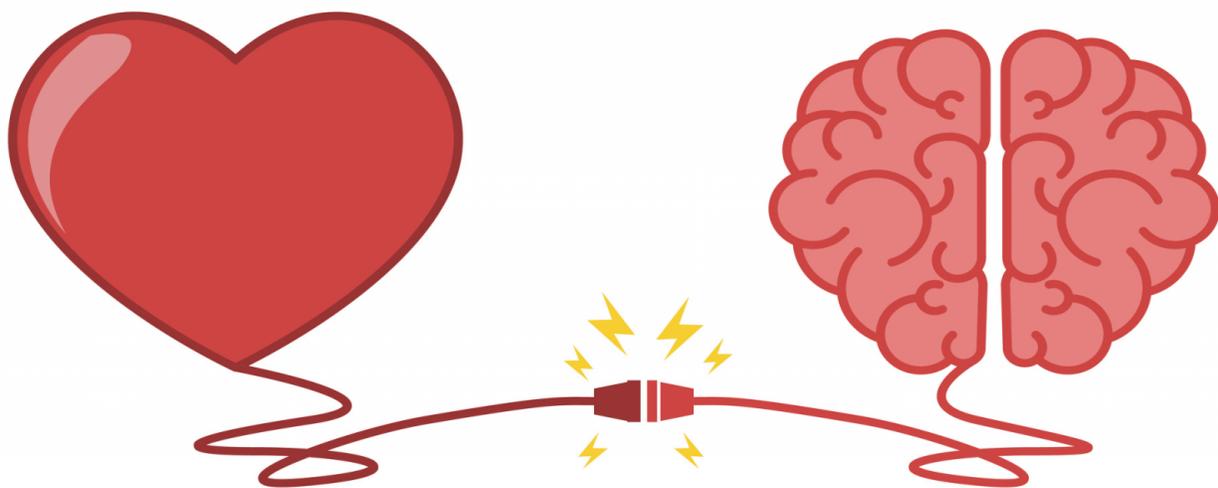
Self regulation - The ability to control and manage one's thoughts, feelings and behaviors

Self motivation - The ability to persevere and accomplish a challenging task/ goal without the encouragement of others

Empathy - The ability to understand and relate to the feelings or thoughts of others

Social skills - The ability to express oneself in an assertive and socially considerate way

By strengthening these five components, you can improve your emotional intelligence so that you can understand yourself better, make deeper and more meaningful connections with other people and overall live a happier and more fulfilling life.



Coronavirus Outbreak Creating Extra Stress and Anxiety For People With Mental Health Problems, Warns Charity

By Funda Akilli

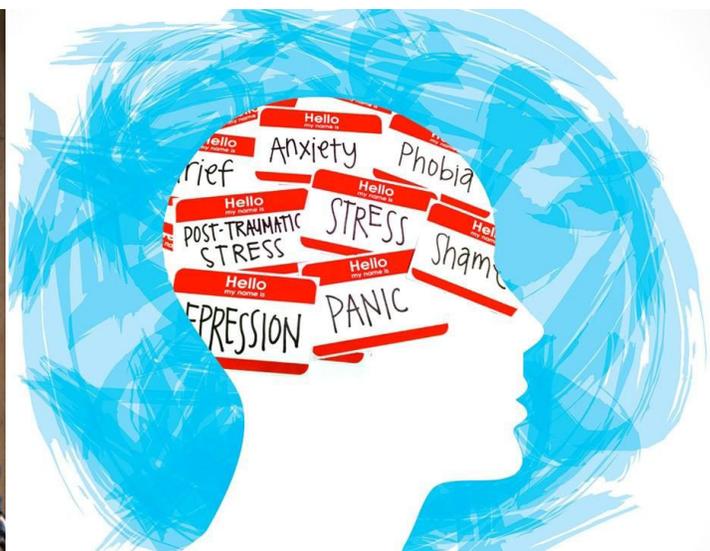
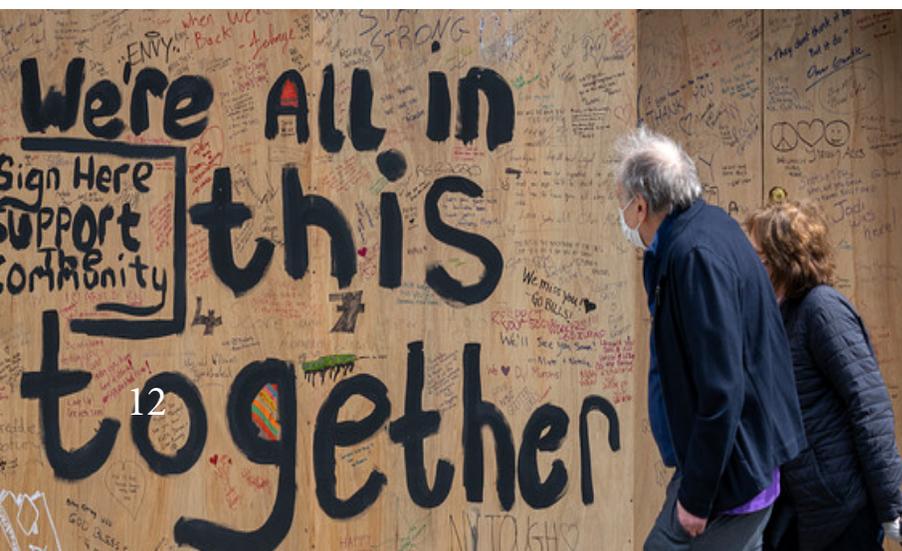
The virus that has put us all in quarantine and stopped all of our daily routines is causing more harm than the eye can see. As it is spreading rapidly, there is also another side effect of this virus that we did not put into the equation. Yes, staying home decreases the ability of this virus to spread; however, as the number of patients infected with coronavirus decreases, the mental health problems caused by COVID-19 are increasing. Those who are currently living with mental health problems are experiencing increased distress because of this pandemic.

The World Health Organization has already acknowledged the increased levels of anxiety and stress that we are seeing in people today. Individuals with mental disorders such as OCD and anxiety are becoming more distressed due to the possibility of getting the coronavirus or giving it to their loved ones. The most beneficial thing is for everyone, other than those who still have to attend work and need to get essentials for home, to stay inside and quarantine themselves until this virus slows down. It is easier said than done for people with mental

health issues. In Independent.co, people who had these issues stated how having OCD had led them to wash their hands for 20 minutes straight and trigger more mental health problems. Self-isolation is very hard for some people and can cause more negative impacts on their well-being. This pandemic has caused us to be in a situation where we were not ready for what awaited us.

An excellent way to cope with these issues is to let those around you know that you are experiencing these things. It is important that they are aware that you are struggling. Along with this, breathing exercises can help you feel more in control and lower your anxiety levels. Those who are around you while you are under quarantine are your “medication,” while as a world, we try to get through this pandemic. We might not be able to hold onto those around us physically, but emotionally and mentally, we should let those around us be there for us, while also being there for our loved ones in return.

Hope you all stay safe during this pandemic!!



Protecting Your Mental Health In the Middle of A Pandemic

By Beyza Balik

This pandemic has not been easy for anyone, especially for those coping with mental illnesses. There is widespread panic as people are becoming more and more anxious about contracting the virus, and the fate of our future. Feeling afraid or suffocated is inevitable, when the daily statistics of this disease keep rising. During this time, it is important that you acknowledge, recognize, and combat all signs of mental distress. Most importantly, do not panic.

According to the National Alliance on Mental Illness (NAMI), there has been a significant increase in anxiety, obsessive behavior (cleaning, sterilizing, etc.), increased loneliness that can lead to depressive episodes, and traumatic stress (especially in those who have been in quarantine). As important as it is to social distance and self-quarantine, it is also crucial to take care of one's mental health.

One of the more critical techniques, listed on the NAMI website, to keep your mental health in check is to be mindful of your news sources. Do not

believe everything you read online, and make sure to get your news from reliable sources such as the CDC or State websites. Keep in mind that social distancing is for physical purposes only-do not forget to check up on family and friends by calling or facetimeing! This ensures that you remain happy and healthy. Distractions such as games, movies, DIYs, household chores, and self-care are also helpful ways to combat stress and get your mind off of things.

If, at any point, you are feeling so overwhelmed that nothing seems to be working, do not forget that all Rutgers students can still reach out to Counseling and Psychological Services (CAPS) over the phone. The Office of Violence Prevention and Victim Assistance is also open and available for assistance.

If social distancing has put you or your loved ones in a home situation that endangers you, do not forget that you can call the National Domestic Abuse Hotline at 1-800-799-7233.



MANAGING CORONA VIRUS (COVID-19) ANXIETY

- ♥ For You
- Avoid excessive exposure to media coverage
 - Connect through calls/text/internet
 - Add extra time for daily stress relief
 - Practice self-care

- For Kids
- Reassure them that they're safe
 - Let them talk about their worries
 - Share your own coping skills
 - Limit their news exposure
- BlessingManifesting

Featured Photography



Joe Gonzaga



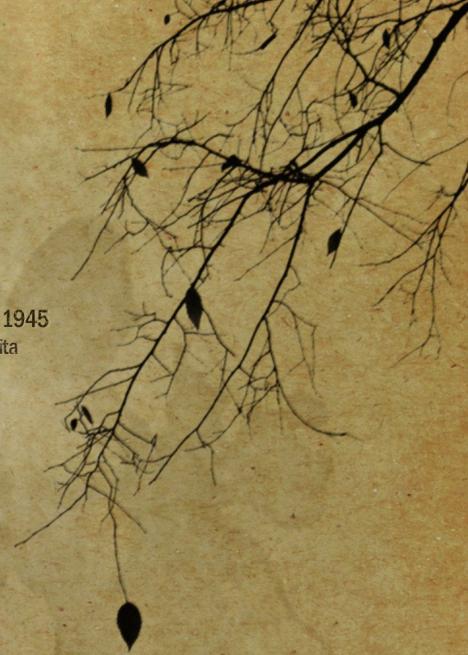
Samara Mowla



Jolandi
Villanueva

Now I am become Death, the destroyer of worlds

– Robert Oppenheimer, 1945
From the Bhagavad Gita



The Atomic Bomb: A Perspective

By Anantha Kashibhatla

The book “Bomb: The Race to Build—and Steal—the World’s Most Dangerous Weapon”, details the development of nuclear weapons by Dr. Robert Oppenheimer and his colleagues, in what is widely regarded as both the greatest and the most dangerous project to have been ever undertaken by mankind. The Trinity test, where a bomb was detonated by the US at a test site in New Mexico in 1945, showcased the kind of power man was truly capable of. Oppenheimer knew then, that he had made a big mistake. His famous quote, “Now I am become Death, the destroyer of worlds” details his exact thought process when the bomb went off for the first time in the New Mexican desert and eventually, in the cities of Hiroshima and Nagasaki.

The atomic bomb was a key factor in ending the overseas Pacific conflict with the Japanese as allied soldiers were needlessly losing their lives on ground. Truman sought to end the war quickly, and he did so at the cost of many American lives. An allied invasion would have had to be made through the Pacific Ocean, and they would have to go through the mountainous terrain, which highly favours the defender. Think about the D-Day invasion by the allied forces, and the amount of manpower, logistics and resources that were required to make it happen. While it was an atrocity that must never be repeated, it is important that we hold the Japanese accountable for their actions as well. Truman asked for the unconditional surrender of the Japanese empire at the time and they blatantly refused.

However, this perspective is not meant to disrespect the lives lost in Hiroshima and Nagasaki but to provide a tactical and a political view of the relationship between the United States and Japan at the time.

Thus, it's important to honor the lives of those lost during the bombings of Hiroshima and Nagasaki. According to the Daily Mail, the grandson of Harry Truman, the president who authorized the bombings of Hiroshima and Nagasaki, visited the Hiroshima Memorial to honor the 200,000 victims of the atomic bombings. He said, "I think this cenotaph says it all - to honor the dead, to not forget. and to make sure that we never let this happen again". War is hell-there are no winners on either side, only universal suffering. We must prevent such crimes against humanity from ever occurring again.

It's important not to dismiss the historical significance of the atomic bomb because it did end the war in the Pacific, saving countless allied forces' lives. However, it's also important that we honor the lives of those lost during those bombings. Generations of families that could have been here with us now, are not. Let us take a moment of silence to honor those we've lost.



July 16th, 1945, The Trinity Test

A newspaper clipping from 1945

DAILY EXPRESS



No. 14,094

Lighting-up: 9.39 pm to 4.33 am

TUESDAY AUGUST 7 1945

Weather: Cool, showers

One Penny

Smoke hides city 16 hours after greatest secret weapon strikes

THE BOMB THAT HAS CHANGED THE WORLD

Japs told 'Now quit'

20,000 tons in golf ball

THE Allies disclosed last night that they have used against Japan the most fearful device of war yet produced—an atomic bomb.

It was dropped at 20 minutes past midnight, London time, yesterday on the Japanese port and army base of Hiroshima, 190 miles west of Kobe.

The city was blotted out by a cloud of dust and smoke. Sixteen hours later

reconnaissance pilots were still waiting for the cloud to lift to let them see what had happened.

The bomb was a last warning. Now leaflets will tell the Japanese what to expect unless their Government surrenders.

So great will be the devastation if they do not surrender that Allied land forces may be able to invade without opposition.

ONE atomic bomb has a destructive force equal to that of 20,000 tons of T.N.T., or five 1,000-plane raids. This terrific power is packed in a space of little more than golf ball size.

Experts estimate that the bomb can destroy anything on the surface in an area of at least two square miles—twice the size of the City of London.

When it was tested after being assembled in a farmhouse in the remote desert of New Mexico, a steel tower used for the experiment vaporised: two men standing nearly six miles away were blown down: blast effect was felt 300 miles away.

And, at Albuquerque, 120 miles away, a blind girl cried "What is that?" when the flash lighted the sky before the explosion could be heard.

In God's mercy we outran Germany

The men who knew

BLAST FELT 300 MILES FROM BOMB TEST

Steel tower turned to vapour

From C. V. S. THOMPSON: New York, Sunday

THERE is reason to believe that the vital part of the atomic bomb with its almost incredible power of devastation is not much bigger than a golf ball.

By WINSTON S. CHURCHILL

BY THE YEAR 1939 IT HAD BECOME WIDELY RECOGNISED AMONG SCIENTISTS OF MANY NATIONS





Things I've Learnt During This Pandemic

By Subhodeep Chakraborty

When you are on campus, there is so much to see and do, but when you're stuck inside your house, what can you do with all that time? I have been using this quarantine to learn about and explore new things. I've been studying about joining a business. I have also been spending my time singing and making music videos, working on my fitness and learning more about my religion. I have learnt that this is a great time to get closer as a family, whether it is watching movies or cooking meals together. This pandemic has made me realize that I need to be grateful for essentials such as food, water, shelter and even clothing, as this crisis is affecting the homeless population in a huge way. I also like to keep myself busy by talking walks outside or on a treadmill. I've learnt to create my own workspace at home-I've bought myself a desk and an adapter to connect a monitor to my laptop. This is also a great time to find a new recipe to try- whip up something interesting with the ingredients you have at home! Many museums are also offering virtual tours for stress relief and to past time. I've learnt that it is important to have a positive attitude everyday and that dressing up once in a while can really help you be productive. This quarantine is a new opportunity to explore your passions and work on self care. At times like these it can be hard to be motivated but it is important that we don't lose hope.

18

Coping With Stress

By Jessica Mukhija

Stress is something that is present constantly in our everyday lives. School, social-life, and other personal problems result in stress that affects both our minds and our bodies tremendously. It is important to know how to deal with this in order to remain healthy and happy. Coping with stress has to do with the mind: reacting to negative thoughts brings a state of sadness and anger that results in sickness and a decline in health. The following tips may help decrease the amount of stress that occurs.

1. Identifying sources of stress: altering, adapting, and accepting stress
 2. Connecting with others: talking to friends and family, making time for fun and relaxation
 3. Better time management: maintaining a work-life balance with a healthy lifestyle
 4. Meditation, yoga, prayer and exercise: learning to 5. relieve stress in the moment
- Seeking help: including counseling and professional help

Living with too much stress can ultimately distract a person from achieving their goals and from completing the things they want to do. It is important to take the time to relax and recover in order to lessen physical and emotional pain, and achieve mental tranquility.

Passion Puddle Playlist

By Samhita Vadapalli

- 1 Swimmers - Broken Social Scene
- 2 Wish You Were Here - Pink Floyd
- 3 Salut d'amour - Elgar
- 4 First Day Of My Life - Bright Eyes
- 5 Pompeii - Bastille
- 6 Sincerity Is Scary - The 1975
- 7 While My Guitar Gently Weeps - The Beatles
- 8 [Nothing But] Flowers - Talking Heads
- 9 Apocalypse - Cigarettes After Sex
- 10 Angst in my Pants - Sparks

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My Cacao Story: Producing a Rutgers Chocolate Product

Image Credits: Sebastain LaBarbera

Coronavirus Outbreak Creating Extra Stress and Anxiety For People With Mental Health Problems, Warns Charity

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The Atomic Bomb: A Perspective

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Things I've Learned During This Pandemic

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<https://www.losaltosca.gov/citymanager/page/fun-activities-keep-you-busy-during-covid-19-shelter-place>

Coping With Stress

<https://www.helpguide.org/articles/stress/stress-management.htm>

Quick and Easy Quarantine Recipe

<https://www.food.com/recipe/easy-bananas-foster-11474>
Illustrations Clarisse Angkasa
Illustration: Shing Yin Khor

Passion Puddle Playlist

Image credits: Samara Mowla

Issue Illustrations

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