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EDITOR'S NOTE

Hello Green Print Readers,

And just like that the semester is coming to a close. We hope you all had a fulfilling semester educationally, socially, and more. This marks our first semester as a new eboard and the close of my first semester as vice president/editor. I am so lucky to work with this group of eboard and writers. Green Print has defied my expectations in many ways.

Firstly, Green Print creates room for creative exploration. In a world of shuffling between classes, jobs, and other mandatory engagements, Green Print has given me the place to stop and channel my curiosity. It allows each contributor to be the leader of their ship and contribute what feels right, interesting and meaningful.

Next, I have learned a lot about collaboration this semester. Shocking...it goes deeper than the value you claim to cling to during interviews. Collaboration is not always the most natural thing, at least for me. Western values preach individualism and self-sufficiency. It's so easy to internalize this and apply it across the board. As cliché as it sounds, we are each the accumulation of our life experiences, values, and morals. Collaboration and compromise allows for the fullest, most inclusive outcome of anything.

I know I will continue to be shocked and educated by this magazine that we have come to adore. So I thank you for reading our last issue of the semester. Your support means a lot to me, the entire eboard, and the writers.

Yours Truly,

Liora Picker
Editor

A LOVE LETTER TO THE PACIFIC COAST ROCKY INTERTIDAL ZONE

L. BOZORTH

I grew up in Oregon, south of Portland in the Willamette valley, but I spent the first two years of my life in a small coastal town named Tillamook mostly known for its cheese company. I don't remember it very well, but I have never lived closer to the ocean than I did then. I think I'd like to go back though. Maybe not to Tillamook, too industrial and smells too much like cows for my tastes, but a quiet town near the ocean.

Today my daydreams tend to be about living in an old brown shingle home under a constant blanket of clouds and a light mist only a ten-minute downhill bike ride to the beach than returning to live in the homogenous suburbia I am from.

The coast of the pacific northwest is different from anywhere else in the United States

It's a beach that rarely gets above 70°, the water is more wetsuit worthy than bikini worthy due to Alaskan ocean currents, and the sand is dotted with people clam digging instead of sunbathing. It is a unique type of ecosystem called a rocky intertidal zone.

The kind of place where tide pools full of marine creatures like sea cucumbers, starfish, and barnacles live. Large rock formations bring the terrestrial world starkly up to the ocean, hiding dark caves made of ancient rock. It may seem counterintuitive, but in ecology the spots with the most medium amount of disturbance have the greatest biodiversity. In the rocky intertidal zone, the species are accustomed to stark daily changes.



Mussels are exposed to the air and crabs chase the dropping water levels. Wind whips over the rocks, temporarily drying out the soft forms of the anemones that are stuck to their well-worn, algae-covered substrate. But there is a striking number of species to be seen in this midst of a receding tide. Every small pool is a treasure trove of invertebrates radiating variety in the face of constantly changing habitat. It's unlike anywhere else.

When I was a child, I used to visit a small town in Washington just across the border from a port city called Astoria. There my family and I would spend a weekend in a small cabin that faced the ocean with interior design that came straight from the 1980s. We'd wake up when the sun had barely started to rise and take our shovels out to try and pull razor clams from the wet sand at low tide. I never ate any, they looked too gross for my childhood taste buds, but it was like a game to see what strange sea creature I could find in the sand all from small tells on the surface. I was always happy there on the coast. I used to go to the antique store across the street from our cabins and shop for hours looking at vintage books and clothing.

Later, likely when it was drizzling, I would head downtown with my mother and window shop at all the tourist spots and buy bags full of saltwater taffy while seagulls ate abandoned food on the street. The ocean always made the air smell salty, and its proximity influenced the plant life that grew along these roads. My favorite tree was the short pine tree that bent and curved as it grew, which made it visually interesting in opposition to the tall, boring, and straight up and down pine trees I was used to in the valley. I always knew I was getting close to the sea when I started to see those pine trees blur past the car window.

Our trips to the coast were almost like visits to a different planet. We drove over a mountain range and emerged in a new ecosystem full of wonder. Nothing was the same as it was where we had come from. Everything seemed more beautiful, and everything was new. And on the beach, the ocean stretched out into forever. It was the vastness I was unaccustomed to after a life in the winding maze of small towns feeding off of a metropolitan city. I miss it dearly.



TITLE?

ZANA RASHEED

My hands run through the soft sand, as it escapes my fingers faster than preferred. The ocean crashes on land in bustling waves, remaining continuous and defiant. The seagulls pass over my head and fly towards the now setting sun. The wind carries over the scent of salt towards me. The beach is arguably one of the most relaxing and beautiful places in the world. Although I have visited numerous beaches in my life, it never ceases to amaze me how serene beach is. Nature has a psychological effect on our mental state that is never stressed enough.

Considering how long the world has been in lockdown from 2019 to 2021, I had almost forgotten how the beach smelled. As I stepped foot on the warm sand, my worries washed away as if I had thrown them into the huge ocean. According to Psychology Today, the environment has a pivotal effect on our mental health. Research has deduced that spending time with the environment can lower depression and anxiety symptoms. Not to mention the physical changes one would expect, a phrase coined “Vitamin N” or nature therapy.

Not only is this an individual level issue, but rather concerns us as a general public. Such as global warming. As noted by the unpredictable weather New Jersey is currently experiencing, it is safe to assume that global warming is real and dangerous. It is unnatural to be in the month of November and not have my winter coat out of my closet yet! Although slight, this change in weather from the usual norm has had an effect on our usual routines, and by association, our mental health. Nature has been taken for granted, and not enough has been done or said to save it.

I could not fathom a world without a glaring sun over a windy beach, orange leaves falling into a forest of squirrels and chipmunks, or smooth grasslands to have spontaneous picnics. At times, our emotions are affected by the happenings of the weather.

The expression, gloomy day, attributes personification to the dark clouds and foggy or rainy day. As future generations continue to walk the earth, we must emphasize the importance of maintaining a healthy Earth, which will then provide a healthy life.

Climate Change: The UN's recent conclusions and tips on how to address the climate crisis

OLIVIA MCARTNEY

The UN Climate Conference just had their final meeting on November 18 with a plan to protect the environment, but it will take the collective effort of people in all countries to create genuine change. This is the 27th Conference of the Parties to the UN Framework Convention on Climate Change, and parties have discussed taking measures to conserve the health of ecosystems.

The COP27 builds on the outcomes of COP26 to demand action on various issues that are vital to addressing climate change. The goals include “urgently reducing greenhouse gas emissions, building resilience, and adapting to the inevitable impacts of climate change, to delivering on the commitments to finance climate action in developing countries” (UN 2022).

The UN's central idea to tackling the climate crisis is doing so as a whole instead of separate countries. This seems like an effective solution, but there continues to be tensions between and within countries. In order to collectively address climate change, there needs to be further open communication surrounding the issue.

Communication around climate change is intertwined with biases and politics that prevent society from reaching a conclusive solution. The UN discusses three important aspects of climate change communication that can effectively spread awareness and inspire action: sharing scientific data, current problems and solutions, and the imminence of climate change.

Using authoritative sources supported with scientific evidence is vital to informing the public because misinformation interrupts the flow of climate action.

“Deceptive or misleading content distorts the perception of climate science and solutions, creates confusion, and often leads to delays in action or even harmful action” (UN 2022). Scientific data on climate change is the first step to invoking action from audiences, but this alone will not lead to climate action. People don’t feel personally connected to graphs and statistics. There needs to be a human quality in the science that makes viewers want to act in the moment they consume the information.

The fear of climate change is another reason why people don’t immediately take action when they hear climate news. Since it is such a large-scale issue, the existential fear of climate change causes people to ignore the reality of its consequences. Instilling optimism in the language of climate change news can be effective in alleviating these crippling fears. Showing the solutions that are already being put into action will reassure people that solving climate change is possible; however, too much optimism can lead people to believe that the problem is already being taken care of and no further action is needed.

The realities are not only shown in extreme changes in environmental behavior, but also in the marginalized groups that face the worst of climate change. Urban areas are the least protected from climate change and live in the bleak conditions caused by industrial practices. This results in marginalized groups, like people of color and immigrants, dealing with more deaths and diseases than any other social groups.

The final step in communicating climate change discussed by the UN is mobilizing action. There are plenty of ways to showcase why climate change is harmful to the planet, but producers and creators of climate change media need to consider ways to strongly entice audiences into action. Making climate change a personal issue is the most effective way to make people feel inclined to take action. Localizing the effects of climate change and conveying urgency can evoke emotions from viewers that make them want to contribute to solutions. It is not enough to make small changes that have tiny ripple effects. Climate change is a world issue that is increasingly worsening as human practices become more industrialized, and it will take the efforts of every country to restore environmental peace. “Cutting greenhouse gas emissions to net zero by 2050, and halving them by 2030, requires nothing less than a complete transformation of how we produce, consume, and move about” (UN 2022).

THE LINK BETWEEN CLIMATE CHANGE AND RAINBOWS

HEATHER O'DONNELL

Despite the devastating effects of climate change on the environment and on human health, there is a silver lining to climate change that many people do not know about: the increase in rainbows. A study published in the journal *Global Environmental Change* estimated that there will be a 4 to 5% increase in the average number of rainbows around the world by the year 2100 (Carlson et al., 2022). There will be more rainbows in northern latitudes and high elevations, where warming will cause less snow and more rain. However, there will be fewer rainbows in southern latitudes and lower elevations, where warming will decrease average rainfall. An example is the Mediterranean (Carlson et al., 2022).

You may be wondering how climate change can cause more rainbows. Rainbows occur when sunlight enters a water droplet in the sky, slowing down and bending and it travels from air to denser water. The light reflects off the inside of the water droplet and separates into its wavelengths or colors. After sunlight leaves the droplet, it creates a rainbow ("What Causes a Rainbow?"). Rainbows require three conditions to form: a certain angle of the sun, rainfall, and clear skies. Climate change affects two of these conditions by changing the patterns and amounts of cloud cover and rainfall on the planet (Kizer Whitt, 2022). The best place to view a rainbow is islands because the island terrain carries the air during sea breezes, creating showers and clear skies that allow the sunlight to move at a certain angle needed to produce a rainbow ("A Surprising Side Effect of Climate Change in Hawaii? More Rainbows", 2022).

Although most climate change studies focus on the impact of climate change on human livelihoods, food, and water, this novel discovery shows that it is also important to study the effects of climate change on intangible aspects of the environment, such as sound and light (Grabowski, 2022). Rainbows improve human well-being by providing humans with a way to connect with nature and appreciate the world's beautiful natural features (Carlson et al., 2022). They are a spectacular sight that will provide us with a sense of hope, beauty, and joy amidst the bleakness and devastation of climate change.

15 WAYS TO BE MORE SUSTAINABLE: AS A COLLEGE STUDENT!

ASHLEY ECHEVERRIA

Trying to achieve a more sustainable lifestyle can be challenging and expensive, especially as college students. Now more than ever though, it is imperative that we try our best to join the fight against climate change as climate change is only getting worse. To do so, we must live sustainably. What does it mean to be sustainable you may ask? Living a more sustainable lifestyle simply means creating less waste. It could mean altering the way we use electronics, buy food or even our clothes. With that being said, here are some ways to lead a more eco-friendly and sustainable life as a college student, especially on a budget.

1. Use a Reusable Water Bottle

This is probably the single best and most important thing I have invested in college so far. Many of us already have one anyway! Plastic water bottles are made from polyethylene terephthalate, which requires an immense amount of fossil fuels in order to make and transport. A lot of these plastic bottles end up in our streets, parks, waterways, ocean, and shorelines. It takes about 1,000 years for one plastic water bottle to even decompose. As it decomposes over the years, the bottles leak harmful chemicals in our environment. By using a reusable bottle, not only are you helping the environment by reducing plastic waste, but you're also saving a lot of money. You can easily refill your bottle at any filter station (there are plenty around campus, including your dorms) or even at the dining halls. You'd be reducing plastic waste and trash, which also possibly means less use of plastic trash bags more often since your plastic water bottle won't be taking up space in your garbage cans anymore! And trust me, these reusable bottles will become your best friend.

2. Go thrifting

Thrifting is super trendy these days, maybe you do it too, but what you and many others may not know is that it is a great approach to helping our environment. The fashion industry accounts for 10% of global carbon dioxide output in the world and accounts for one fifth of the 300 million tons of plastic that is produced each year. A lot of brands, especially fast fashion ones, are made from plastic based materials, which make the process of recycling them harder. Around 70% of the clothes we buy end up in landfills, which also means that all the water and energy used to make the clothing would be wasted as well. So, apart from saving money, you'd also be diverting a good amount of waste from going to landfills. But if you don't like the idea of using worn clothes, you could try buying from eco-friendly brands (may be a bit more pricey though) or buying cheap clothes at local charities or vintage shops.

3. Use a reusable coffee cup

When you go to Starbucks or Dunkin' to get a hot coffee, it may seem like the paper cups are a better option than styrofoam cups, but in actuality, these cups are lined with polyethylene, a plastic that functions as a moisture barrier, in order for the paper to be able to hold liquids. The plastic cups for an iced coffee are usually made out of polypropylene, a plastic not accepted in various curbside recycling programs. I'm not saying don't go to Starbucks or Dunkin' or any coffee shop, but simply to be mindful. Maybe limit your coffee takeout and make more coffee at home or in your dorms (it would also save you money). Or if some places allow it, bring your own reusable coffee cup. Starbucks and Dunkin' also sell reusable cups and you could use those if you do want coffee from there.

4. Get Reusable Plates, Bowls, Cups, and Utensils

If you want to make some food in your dorm or apartment, use reusable plates, bowls, cups and utensils. It will save you money from constantly buying more plates and cups and would also reduce the amount of space in your trash cans, meaning that your garbage intake would be less and less plastic garbage bags would be used. Single-use items make up 10% of our trash and 29% of greenhouse gasses come from stuff we dispose of. Only certain plates and bowls, cups or utensils can be recycled, but not all. Many of these contain plastics which could take years to decompose.

5. Unplug your electronics after you're done using them

TVs, computers, cell phone chargers, coffee makers and various other electrical devices still use electricity when they are plugged in. Unplugging unused electronics can reduce our carbon emissions since most of our energy comes from fossil fuels. Phantom energy— the electricity that is continually used by appliances even when they are turned off— accounts for 10 percent of electric consumption. Unplugging would also reduce the risk of power surges and fires. Another alternative is using a power strip with an on/off switch that simultaneously disconnects a variety of electronics. With students constantly on the go, it's an efficient way to limit electric usage in the dorm.

6. Check labels

The Environmental Protection Agency (EPA) gives products the ENERGY STAR label when they meet strict energy efficiency specifications. This includes contributing to significant energy savings nationwide and increased energy efficiency, thus also being more environmentally friendly. So when you buy an electrical appliance be sure to check out for this label!

7. Avoid Water Waste

Reducing our water usage can help our environment by reducing the energy that is required to process and deliver it to homes, businesses, communities, etc., in turn, helping to also reduce pollution and to conserve fuel resources. So, when you brush your teeth, don't leave the water running. Turn it off when not in use and then turn it on when you have to use it again.

Take shorter showers as well. And talking about reducing energy, taking cold showers also uses less energy, keeping the hot water heater from using electricity. You'd also most likely be in the shower for less time, thus decreasing your water usage also helping reduce your carbon footprint.

8. Reuse and Recycle

The more we recycle and reuse things, the less garbage ends up in our landfills and incineration plants. By recycling aluminum, paper, glass, plastics, and other materials, we can save production and energy costs, as well as reduce negative impacts that the extraction and processing of the materials has on the environment.

It helps conserve energy, reduces greenhouse gasses and helps conserve our natural resources. Additionally, by using reusable items, it can also save you money!

9. Avoid Plastic Bags

Many states, including New Jersey, have banned the use of plastic bags. This still, however, hasn't stopped many from using plastic bags. Paper bags and reusable bags are a more eco-friendly alternative to use instead of plastic ones. Sometimes stores would give paper bags for free or for a few cents. If you do get paper bags, save them and you could possibly use them for your dorm trash bag instead of plastic. In this way, you could recycle the bag. It would also save you money by not having to constantly buy bags. This goes the same for ziplock bags, they sell reusable alternatives for them too. Plastic bags are difficult and costly to recycle. Most actually end up in landfills where they take about 300 years to photodegrade.

They break down into toxic particles that contaminate the soil and waterways and enter food chains where animals accidentally ingest them. Most of these plastic bags also end up in our oceans also causing harm to sea life.

10. Cut down on paper

Around 68 million trees in the U.S are cut down to produce paper and paper products each year. Paper requires about 24,000 gallons of water per ton to create. While yes, you can recycle paper, it still requires 12,000 gallons of water per ton in order to do so. This makes the paper industry the fifth largest consumer of energy also accounting for about 4% of all the world's total energy use.

If we want to help our environment and save the trees, we should be mindful of paper use. Instead of using paper or notebooks to take notes, try taking electronic notes if you can or aren't already doing so.

11. Use LED lights

LED bulbs do cost a bit more than incandescent and CFL bulbs however they do last much longer and produce more light for less wattage.

Lamp lights are more pleasant for studying, and even more Eco-friendly since they use less energy and conserve around 80% more energy than conventional light bulbs.

12. Use public transportation as much as possible

As college students, we for sure use public transportation on a daily basis. Many college students also have their cars on campus as well. Try not to use your cars as often. Take advantage of the public transportation that's around, even if it's not the best. If your destination is not far, try walking or get a bicycle or use a scooter. Cars emit harmful by-products like nitrogen dioxide, carbon monoxide, hydrocarbons, benzene, and formaldehyde. In addition, vehicles emit carbon dioxide, the most common greenhouse gas. They are a major contributor to air pollution. By having less cars on the road, we could cut down on fuel consumption and air pollution.

13. Shop locally

Locally owned businesses make more local purchases. This means that less transportation is required and less automobile mileage. By cutting down on these miles, you are reducing the environmental impact since it won't create large carbon footprints through overseas plane travel or long truck trips. It would also cut down on fuel consumption and air pollution. It may be a bit more expensive to buy local products, but these products are a lot fresher as well.

14. Get used textbooks or online textbooks

Never buy new books unless you have to. Not only would you be saving money, but used books don't contribute to new printing. The production of a single paper book produces around 7.5kg of carbon dioxide. It adds up when millions and millions of people buy books. Compare the cost at the campus store to online sellers for more affordable deals. If you have books or textbooks you don't use anymore, sell it online or to other students so that it could be reused. Online books or textbooks are also a great option to reduce paper waste from worn out textbooks that end up in the trash and they also don't contribute to new printing. Sometimes, you could find free textbooks online but if not possible online textbooks could also be cheaper.

15. Join a Club!

Many clubs and organizations participate in eco-friendly projects to help the environment. This could include environmental cleanups, planting trees and plants, spreading environmental awareness, and so much more. You could also learn a lot more about the environment, the impacts of climate change, and the effects we have on the environment. By joining one, you could also participate in these projects too!

PASSION PUDDLE PLAYLIST

- 1. Cardigan by Taylor Swift.**
- 2. Cigarette Daydreams by
Cage the Elephant**
- 3. Ophelia by The Lumineers**
- 4. Good Days by SZA**
- 5. All Too Well (10 minute
version) by Taylor Swift**
- 6. Mistletoe by Justin Bieber**
- 7. Anti-hero by Taylor Swift**
- 8. ily by Surf Mesa**
- 9. Love in the Dark by Adele**
- 10. Enchanted by Taylor Swift**
- 11. You & Me by Flume**

WORKS CITED

Table of Contents

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Title?

1. <https://www.psychologytoday.com/us/basics/environment>
2. Photo by L. Bozorth

Climate Change: The UN's recent conclusions and tips on how to address the climate crisis

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2. <https://www.un.org/en/climatechange/communicating-climate-change>
3. Photo 1 by Liora Picker
4. Photo 2 by anonymous

The Link Between Climate Change and Rainbows

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8. Photo 1 by Tamar Gewirtz
9. Planet Earth Graphic by Jemastock
10. Photo by Gabriella Miliano
11. People Graphic by Jemastock

Passion Puddle Playlist

1. Graphic 1 from sketchify
2. Graphic 2 from pixabay
3. Graphic 3 from Sketchify

Work Cited

1. graphic from trendify



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