

# Welcome to *The Wave!*

The SEA's monthly newsletter where we share our passions, projects, and pressing environmental issues with YOU!

## General Announcements:

- Keep an eye out for more information on SEA's Move-Out-Market
- Please reach out to our co-presidents Isabel (ibendelsimso2) and Emma (emacturk2) if you'd like to get involved with 'the Wave' and/or the SEA!

**Check out tips to make a difference this Earth Day, Friday, April 22nd!**

Maryland Garden Favorites to Plant Now:

Flowers:

- Black-eyed Susans (Maryland's state flower!)
- Zinnias
- Hydrangeas
- Dahlias

Edible Plants:

- Tomatoes
- Peppers
- Cucumbers
- Squash
- Melons
- Pumpkins



the Wave

**Earth Day  
Edition 2022**

Instagram: @wac.sea  
Facebook: **The Student Environmental Alliance at Washington College**

FROM THE STUDENT ENVIRONMENTAL ALLIANCE AT WASHINGTON COLLEGE

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**Photo by:**  
**Isabel Bendel-Simso**

# Updates from the Sustainability Council

## Meeting Minutes, April 11th:

<http://www.washcoll.edu/sustainability/council>



Photo by:  
Isabel  
Bendel-Simso

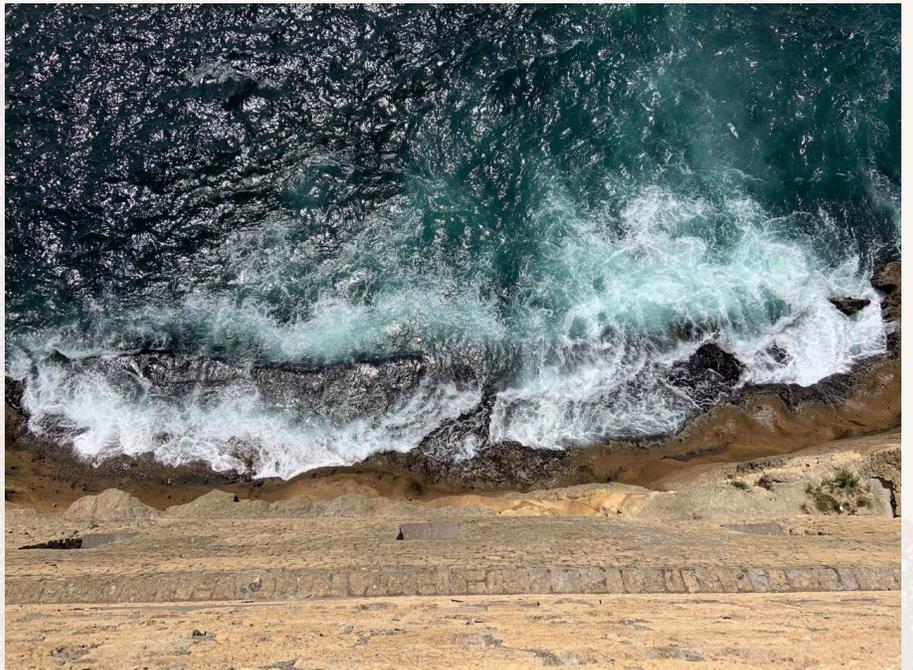
**The WC Sustainability Council consists of student leaders who work to address campus environmental issues!**



# 5 THINGS TO DO FOR EARTH DAY 2022

1. **Sign Petitions!** There are always causes out there that need your help, so finding, signing, and promoting petitions is an easy way to make a difference.
2. **Clean up the neighborhood!** Go for a walk around Chestertown with your friends and have an hour-long neighborhood clean-up.
3. **Start an herb garden!** Growing your herbs instead of buying them at the grocery store is a great sustainable practice. Mint, basil, oregano, and parsley are all great herbs to start with.
4. **Go local!** Source food directly from producers at the Farmer's Market and learn to forage your own plant-based meals. Violets, chickweed, dandelion, garlic mustard, and bittercress are easily found around campus!
5. **Ride a bike!** Not only is this a healthy practice for you, but it's great for the earth. Because biking creates virtually no pollution, it's a great green alternative to driving your car.

Photo by:  
Annalie  
Buscarino



# 2021-2022 Recycling Challenge Recap

*Congratulations to the residents of Cecil Hall!*



The winners of our recycling challenge from last semester are the residents of Cecil Hall! During the month of the challenge, they consistently displayed responsible and accurate recycling practices. Good job, everyone!

Just because the challenge is over doesn't mean we should stop making an effort, though—go forth and recycle!

Mother's day is on Sunday, May 8th, which kicks off this year's gardening season! If you've always wanted to get your hands dirty but didn't know how, here are some simple gardening tips for beginners:

1. Choose a spot in your yard for your garden that you see regularly so that you won't forget to tend to your plants.
2. Pay attention to how much sunlight your potential gardening spots receive throughout the day. Most plants need at least 6 hours of direct sunlight!
3. Make sure your garden is close to a water source so that you don't have to lug huge amounts of water to it. You can tell when your plants need watering by pushing your finger an inch down into the soil. Dry soil means your plants need a drink!
4. Research the best plants for the area that you live in. Plants have different conditions needed to survive.
5. Add mulch to help reduce weeds and retain moisture.
6. Choose an area with good soil or purchase soil from your local gardening store.
7. Purchase helpful tools like gardening gloves, watering cans, shovels, rakes, and a sun hat!

# Dorm-Friendly Recipes

## Microwave Scrambled Eggs

**(Vegetarian):**

Ingredients:

- 2 eggs
- 1 tablespoon butter
- Shredded cheese (optional)
- Salt and pepper to taste

Directions:

- Crack 2 eggs into a microwaveable bowl and whisk with a fork
- Add salt and pepper to taste, small chunks of butter, and shredded cheese, then whisk together with a fork
- Microwave on high for 30-60 seconds, then remove and stir with fork
- Microwave for 30-45 seconds, then stir again. The uncooked sections of egg will finish cooking when mixed with the cooked sections
- Top with more cheese if desired

Photo by: Annalie Buscarino



## Microwave Berry Oatmeal Cobbler (Vegetarian):

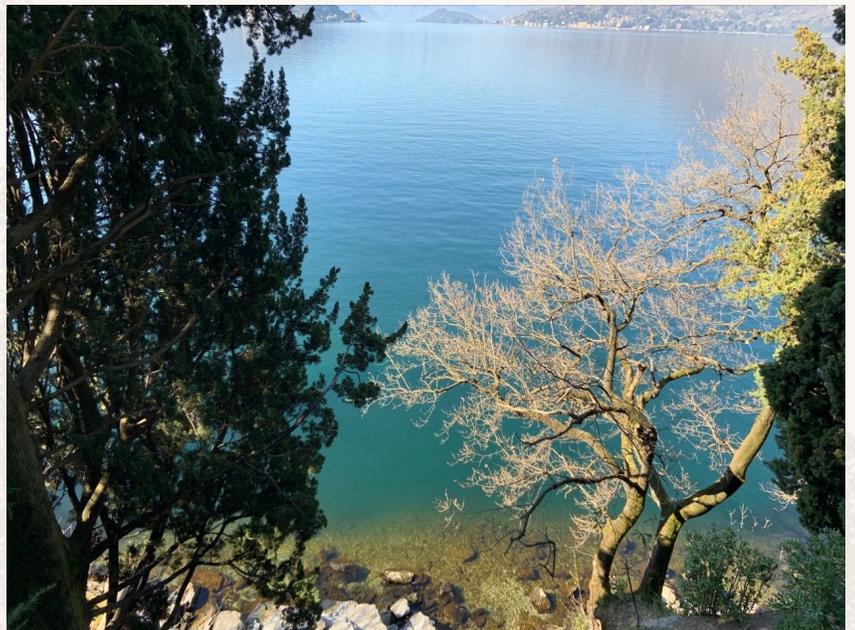
### Ingredients:

- ½ cup plain instant oats
- ½ cup of milk (dairy/non-dairy)
- 1 egg
- 1 tablespoon ground flaxseed
- 2 teaspoons honey
- ⅓ cup fresh or frozen blueberries
- ⅛ teaspoon coconut oil
- Cinnamon to taste

### Directions:

- Coat the bottom of a microwavable mug with coconut oil
- Combine oats, milk, egg, honey, cinnamon, and blueberries
- Microwave for 3 minutes, making sure to watch to avoid mixture spilling over the top & add freshly ground flaxseed as a nourishing topping

**Photo by:  
Annalie  
Buscarino**



## Black Bean Soup:

### Ingredients:

- 3 cans of black beans
- 2 cans of chicken broth
- 1 teaspoon salt
- 2 cups cooked rice
- Topping options: sliced avocado, cheese, crushed tortilla chips, sour cream, and cilantro

### Directions:

- Drain black beans and blend with chicken broth in blender
- Layer soup with cooked rice and microwave until hot
- Top with your choice of toppings



Photos by: Annalie Buscarino

# SEA Members Summer Internship Spotlight



Paleena Amy is a junior who will be spending the summer conducting seismology research with the Earth Sciences department at Yale.



Francesca Jacobs is a sophomore who will be working this summer as an environmental educator at The Wetlands Institute in Stone Harbor, NJ.



## SEA Members Summer Internship Spotlight Cont.

Isabel Bendel-Simso is a junior who will be working as a conservation education intern at the National Aquarium in Baltimore, MD.



**SEA wishes you a wonderful end to the semester and upcoming summer break!**