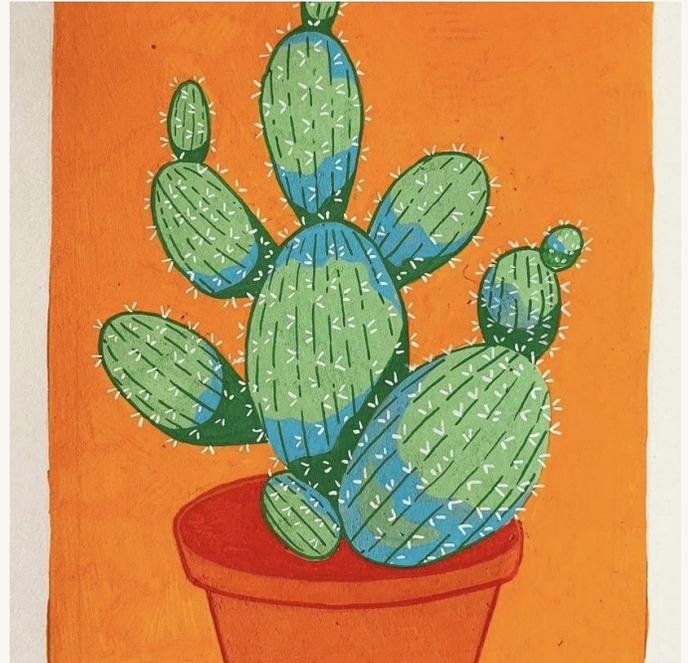


# Welcome to *The Wave*!

Artwork by: Kaitlyn Tourin

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



## General Announcements:

- Our last meeting of this semester was Thursday, April 29th! Stay up to date with us on social media & look out for meetings next semester!
- Please reach out to our new co-presidents Isabel (ibendelsimso2) and Emma (emacturk2) if you'd like to get involved with 'the Wave' and/or the SEA!

Look out for more awesome artwork like this!

the Wave

May 2021

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

FROM THE STUDENT ENVIRONMENTAL ALLIANCE AT WASHINGTON COLLEGE

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**Artwork by:  
Kaitlyn Tourin**



# Tips For Living Sustainably This Summer

- 1. On cooler days or nights, turn off your air conditioning and open windows to reduce your energy consumption.**
- 2. Carpool with friends or family when traveling.**
- 3. Roll down your car windows instead of using the air conditioning.**



**Photo by: Emma Macturk  
(taken at Radcliffe Creek)**

# More Summer Sustainability Tips!

Summer means sun, and sun means sunscreen! Try out a sunscreen brand that won't harm marine life and comes in plastic free packaging, while still protecting your skin! Here are some of our recommendations:

1. Raw Elements
2. All Good
3. Suntribe
4. Neutrogena Pure & Free Baby Mineral Sunscreen
5. Equate Sport Lotion (won't necessarily be reef safe, but at least avoids the two chemicals that have the most evidence for environmental damage)

There are a lot of different eco-friendly sunscreens on the market, both mineral and chemical, at varying prices & accessibility! Check them all out & find out what is best for you!

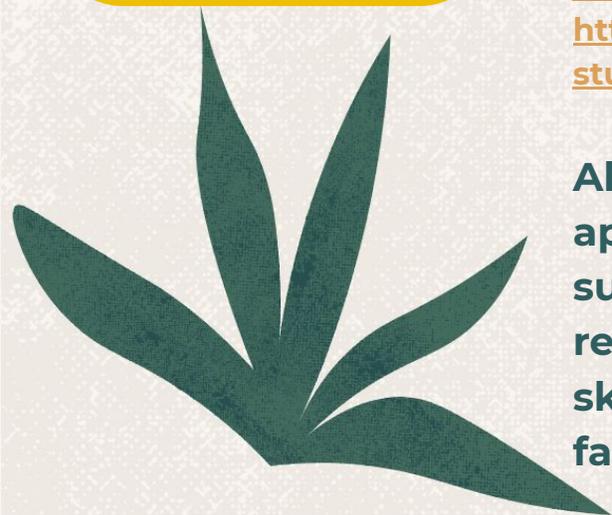
With all of that, it is important to remember that “reef safe” and other environmental label claims aren't regulated, so consumers should be wary of greenwashing. Instead of looking for marketing terms, **try to choose sunscreens that don't have oxybenzone and octinoxate**, which have been researched and acknowledged by organizations like NOAA to cause distress in marine organisms like coral.

Check out these links for more information:

<https://oceanservice.noaa.gov/news/sunscreen-corals.html>

<https://oceanservice.noaa.gov/news/sunscreen-corals-noaa-studies.html>

Also, sunscreen is only as effective as it's application, so for the mineral based sunscreens suggested, we should remind readers that the recommended dose is 2mg per square cm of skin, or approximately one shot glass for the face and neck.



# Ethical Tourism

As warm weather and safer times in regard to COVID-19 approach, lots of people are planning their first vacations in a long time. While this is an exciting time, we still need to keep in mind that tourism can—if not done in careful ways—bring about a lot of harm to the environments of common vacation spots. Because of this, we need to make sure that we are practicing ethical tourism.

This includes supporting local and/or sustainable businesses while on vacation, avoiding tourist activities that could harm the environment or local communities, being thoughtful and respectful of local wildlife, and adopting a “leave no trace” ethic while out in nature. If you’re planning on going on vacation this summer, make sure to do your research beforehand to figure out how to have a good time while still maintaining respect for the environment and local communities!

**Do your part to take care of yourself and the environment while traveling this summer!**





**Artwork by:  
Kaitlyn Tourin**

**Photo by:  
Emma  
Macturk**

