Welcome to *The Wave!*

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

Photo by Jack Yee

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- Managing Seasonal Depression
- Environmental Legislation
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Help us out by taking this survey about swings and hammocks around campus!

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the Wave

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Tips for Managing Seasonal Depression

by Emma Macturk

Do you find yourself affected by the shortened fall and winter days as the sun sets earlier? You might be experiencing symptoms of seasonal affective disorder- commonly known as seasonal depression. Symptoms such as having low energy, loss of interest in usually enjoyed activities, sleeping too much, or feelings of depression most of the day typically occur in fall or winter when the daylight hours are shorter. Experts say some ways to manage or alleviate symptoms of seasonal depression include:

- Synching your sleep schedule closer to the sun by waking up earlier and going to bed earlier
- Getting outside and active when there is sunlight
- Being social with friends or family during the daylight hours
- Using a light box or lamp that mimics sunlight
- Taking a Vitamin D supplement (with doctor recommendation)

Being outside and in sunlight can help improve your health- some green spaces in Chestertown you can enjoy include the riverfront campus, the Campus Green, Bailey's Park, and Wilmer Park. Get up and get outside to knock out seasonal depression! You are not in this alone!

Attention: If you or someone you know needs medical assistance for dealing with seasonal affective disorder, seek help from Health Services, the Counseling Center, or a primary care provider.

Photo by Libby Witham

Maryland's 2022 Legislative Session: An Overview

by Emma Macturk

Climate Solutions Now Act of 2022 (SB528)

This law sets a goal for the state of Maryland to reduce greenhouse gas emissions by 60% by 2031 with a net-zero target goal by 2045. To do this, the law created new energy performance standards requiring all buildings to use electric for heating and air conditioning, transitioning Maryland Transit Administration to electric buses, and providing resources for clean energy strategies with specific funding allocated to communities disproportionately affected by climate change.

Community Solar Energy Generating Systems- Exemption from Property Taxes (HB76/SB264)

This law aids eligible communities in funding solar energy projects by exempting them from property taxes. This provides greater incentive and access to solar energy in low- or moderate-income communities because these projects occur on parking garages, rooftops, and brownfields.

Public Utilities- Electric School Bus Pilot Program (BH696/SB948)

This law creates a partnership between local school districts and electric vehicle companies to provide electric school buses. The project will help increase the number of electric vehicles on the road and due to less pollutant exposure, it will protect the health of school children.

Environment – Discharge Permits – Inspections and Administrative Continuations (Zombie Permits) (HB649/SB492)

This bill was passed to improve Maryland Department of the Environment (MDE) monitoring and enforcement of water discharge permits by clearing a backlog of expired water pollution control permits and inspection of significantly noncompliant facilities monthly. It also increases transparency by requiring MDE to maintain a list of current noncompliant permit-holders on its website.

Conservation Finance Act (HB653/SB348)

This Act is a major win for the Chesapeake Bay because it allows for green and blue infrastructure (oyster and submerged aquatic vegetation beds) to be financed by traditional infrastructure funds, which expands the monetary funds for conservation efforts. It covers projects with the goal to improve resiliency, sustainability, and environmental justice issues.

Green Gifting Through Upcycling

by Halina Saydam

With the holiday season rapidly approaching, many are looking to purchase gifts for friends and family. However, these gifts come with a hidden cost: waste. Americans create 25% more waste during this time period than any other holiday. So, what if we could find ways to reduce this environmental pollutant? Look no further! SEA is here to help.

Upcycled gifts are a way of taking something old or discarded and transforming them into something new. This reduces waste immensely, as you won't be introducing any new material into the environment. It also guarantees to be a unique gift.

Though not an exhaustive list by any means, here are some suggestions to upcycle:
- An upcycled plastic bottle can be transformed into a bird feeder with a few holes, sticks/dowels, seed and yarn/string
- Yarn can be weaved or crocheted together to create a plant holder
- Shorts/jeans can be painted with unique designs
- Old cabinets can be wallpapered to create an eye-catching display
- Lampshades can be glued together to form beautiful new light structures
- Discarded seed packets can be arranged into a colorful wreath
- Wine corks can be transformed with a little hot glue and semi-precious stones
- Old soup cans can be decorated into pretty pots for your plants
- Use newspaper or paper bags to wrap gifts

Kappa Alpha Omicron
November trash clean-up
on campus

Green Gifting Continued

by Halina Saydam

If you're a strung-out shopper during the holiday season, upcycling is not the only way to give the gift of green. Clutter-free gifts are another great way of helping the environment without hands-on tasks. Examples of clutter-free gifts include:

- Tickets to concerts, movies, or sporting events- cooking, dance, or music classes
- Memberships to museums or professional organizations- homemade meals and desserts
- Plans for a night out or a summer vacation

No matter what you may choose, green gifts are a gift that keeps on giving. Choose green this winter!

Photo by Emma Macturk