



newsletter

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**July
2012
Issue 32**

Printed on
100% recycled paper

An Introduction to Leah Frick – By Leah Frick



Given the opportunity to gain experience in the field of environmental science, Leah Frick is excited to assist Alta's Environmental Center with a six-week internship this summer. A second year environmental engineering student at Michigan Technological University, of Houghton Michigan, Leah will be helping with trail work, trash clean up, weed pulling, as well as, helping at the numerous events the Alta Environmental Center hosts and assists with. In past summers, Leah has worked at a camp outside Milwaukee as a lifeguard and most recently as the program director. In the winter months Leah searches for every chance to ski and shares her love of the sport by teaching. This summer, Leah

hopes to learn more about the environmental field to better determine the direction in which her studies will take her these next few years.

What is LEED & what does it have to do with Alta? – By Leah Frick

Developed in 2000, by the U.S. Green Building Council, Leadership in Energy and Environmental Design (LEED) is an internationally recognized program. Committed to continuous improvement throughout a building's lifecycle, LEED provides an outline for builders making it easier to identify, implement, and measure the construction, operation and maintenance of green buildings around the world. LEED certified buildings strive to achieve high performance in human and environmental health in the areas of site sustainability, water efficiency, energy, materials, and awareness (among other areas). This year, as Alta puts on an addition at the Wildcat base, they are striving to achieve a LEED certification.



Leadership in Energy and Environmental Design (LEED) encourages site sustainability by constructing on previously developed land. This minimizes the impact on ecosystems and waterways; caused by erosion, light pollution and construction. Developing on previously developed land can do this. Water efficiency is achieved with the help of more efficient appliances and water conscious landscaping. Energy is monitored throughout the design and process, and the amount of energy needed by the building is predicted. Plans are also encouraged to include the use clean and renewable energy, which can be generated on or off the site. Local sustainable materials are crucial for a LEED certified building. Being local, the materials produce less waste due to transportation. Awareness is vital to green buildings, a building is only truly green if people use its green features to the maximum effect. Therefore, it is imperative that everyone who enters the building understands its design and use all the green features to the maximum effect.

For more information on LEED check out the U.S. Green Building Council at www.usgbc.org.

Get Your House in Shape for Summer -

This article previously appeared in the Rocky Mountain Power's Business Solutions Toolkit newsletter, and is used with permission



While air conditioning is often critical to the comfort of you and your family in summer, the higher energy costs can sometimes strain the family budget. There are many steps you can take to save electricity and improve the energy efficiency of your home in summer:

- Set your thermostat to a higher temperature in the summer. We recommend 78°F, or higher if you are still comfortable.
- Match cooling needs to your family's schedule by installing a programmable thermostat. These typically offer savings of 10 percent to 15 percent without compromising comfort.
- Replace or clean the filter on your air conditioner at the start of the cooling season and each month thereafter. Dirty filters restrict airflow and cause the system to work harder, increasing energy use.
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- Plug air leaks in your home – weather strip and caulk leaky doors and windows, and install foam gaskets behind outlet covers.
- Check insulation levels. If necessary, add insulation in attics and crawl spaces. This will help conserve energy and improve indoor comfort.
- Landscape for energy efficiency. Leafy trees and shrubs placed on the south and west sides of your home provide cooling shade during peak daytime heat.
- Reduce heat buildup by keeping blinds and curtains closed on windows that are exposed to direct sunlight. Use fans. They use less energy than air conditioners and can help to increase comfort by maintaining steady airflow.
- When replacing air conditioners or other cooling equipment, choose ENERGY STAR qualified high-performance units. ENERGY STAR air conditioners are more efficient than standard models.
- Consider installing an evaporative cooler if you live in a dry climate. These units use up to 75 percent less energy than central air conditioners.

Rocky Mountain Power's **wattsmart** energy efficiency programs can help you save month after month. Learn more about [cash incentives](#) for purchasing high-efficiency appliances, equipment and more.

July - August Sustainability Events

Here are some fun, educational sustainability and stewardship events for adults and the whole family. To view all events available [visit our website!](#)

- Saturday, July 21st: **3rd Annual Alta Ski Area Clean Up** – Albion Base, 8am to Noon. To register or for more contact volunteer@cottonwoodcanyons.org or call 801.466.6411
- **Saturday – July 28th: Wasatch Wildflower Festival** – Albion Base, Alta, 9am – 2pm. FREE. Just show up!
- **Wednesday – July 25th: USEE – Places We Live.** Alta. 9am – 3pm. \$30. To register contact charice@usee.org or 801.328.1549.
- **Wednesday – August 1st: Bird Walk w/ Tree Utah & Friends of Great Salt Lake.** 6:30-8:30pm. Redwood Nature Area, 3060 S Lester St, SLC. To register contact education@treeutah.org.
- **Thursday – August 9th: Alta Weed Removal.** Albion Base, Alta. 5:30pm. To register contact volunteer@cottonwoodcanyons.org or call 801.466.6411.



"We have forgotten how to be good guests, how to walk lightly on the earth as its other creatures do."

Barbara Ward
Only One Earth, 1972