



Newsletter

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The Word on Summer in Alta 2018

For the first time in Alta's 80 year history, the Sunnyside lift will run this summer for the public (June 30th through September 3rd, conditions permitting of course) on holidays and weekends. In partnership with the Town of Alta and the Forest Service, the goal is to reduce vehicle traffic into the fragile Albion Basin. Lift rides will cost \$10 per adult and \$5 per child. Hungry or thirsty? The Albion Grill will be running seven days a week—serving up incredible views, food, music, coffee, craft beer and more. More info coming soon to alta.com.



The Alta Children's Center has blossomed!—By Ilse Wilson

The Alta Children's Center has been around since the early 90's and is a state licensed hourly child care facility approved to care for 46 children from ages 6 weeks to 12 years. It also has a level 2 food service permit from the Salt Lake County Health Department and an approved up to date Fire Inspection.



In 2017 it went through major renovations - walls were moved, paint was splashed, gorgeous new hard wood flooring was laid, and even a fancy interactive projector was installed. Quite simply the center is now better designed to stimulate curious young minds with areas specifically defined and set up for creative arts, a colorful dramatic play area, blocks, cars & physical motor movement area, a stage for music exploration, and a cool math and science discovery area. The literacy area has a 200-gallon fish tank, which is a huge hit with the kids! The infants have a separate napping area with dimmed lighting and sound machine, as well as new soft carpet to roll on and their own kitchen area. Speaking of food, here at Alta Children's Center, we know the importance of feeding our children, and it starts with 3 nutritious meals throughout the day. The center strives to purchase organic and GMO free products whenever possible.

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Recreating Responsibly

There is no doubt that we love our winters here in Alta. Each time it snows the landscape is blanketed with a fresh layer of enjoyment and all that old dusty snow, bumps and tracks start to disappear. We may lack the snow in the summer, but it doesn't mean we don't know how to enjoy them. In the summer the steep and very rocky slopes finally get their chance to shine without blame for core shots, the wildflowers get to pop out and distract us from the yearn for snow, and the wildlife take back the ski slopes making them look even more hard core. In a way summer feels like fresh snow, it is the restart button to winter, but with the potential for the next winter to be better than the last.

As resilient as summer appears to be winter after winter, its skin is not as thick as we think. Every time we sneak off trail to grab a photo, dip our toes in Secret lake, and let our family or friends pick "just" a few flowers, we are making it a little more difficult for summer to have its moment to shine. The cumulative result of over 100,000 visitors to Alta each summer is having a lasting and negative effect. However, there is a way that we can avoid this impact, we just have to let the steward inside all of us shine, we recreate responsibly, for our winters depend on our actions in the summer.



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“The frog does not drink up the pond in which he lives.”

—Native American Proverb

Recreating Responsibly *continued....*

Knowledge is the first step in being a good steward, and the following are the basics for recreating outdoors on foot or bike this summer and all summers:

- **Stay on the Trails:** This is by far the simplest and most difficult rule to follow, and unfortunately it has the greatest impact. We have all seen the erosion from cutting switch backs and little side trails, but what we don't see is how these disturbances get wider each year, nor the wildflowers, plants and animals that should be occupying the bare ground.
- **Don't Leave Anything Behind:** Most of us have heard “leave no trace” or “carry in, carry out,” well here we go again. Take your trash with you, even that little receipt that fell out while digging for your sunscreen. The littlest of trash can have a lasting negative effect.
- **Don't Take From Nature:** This means no matter how neat or pretty those rocks, salamanders, or flowers are, don't pick it, break it, eat it, or scratch your initials into it, just leave it. Instead, help pick up after others, bring a small trash bag, people will notice and follow suit, and most especially the plants and animals will thrive because of you.
- **Be Considerate to People and Wildlife:** Part of being outdoors is the experience, which hopefully includes seeing wildlife, maybe feeling as if you're the only person(s) around, and letting humanity shine with nature by being nice to fellow hikers. You can help protect the quality of everyone's experience and have a greater chance of seeing wildlife by letting nature make the noise and avoiding loud voices and music of your own.
- **Be Prepared:** This does potentially take the spontaneity of a hike or venture out of things, or you can just have them on hand at all times. Try to know where you're going, wear the right shoes, bring water, and check out the weather—you won't be sorry.

To learn more ideas on how to be a good steward when hiking, camping, backpacking, or mountain biking, check out these easy to use resources:

- Leave No Trace—Center for Outdoor Ethics: lnt.org
- Washington Trails Association—Go Outside: wta.org/go-outside
- Uinta-Wasatch-Cache National Forest—Outdoor Safety and Ethics: fs.usda.gov/detail/uwcnf/learning/safety-ethics



Alta Children's Center *continued....*

They also emphasize whole grains and a large variety of fruits and vegetables. The center avoids highly processed foods and make our snacks from scratch using real ingredients. The center makes the afternoon snack for the Alf Engen Ski School, and these include home made everything, the word is that the crepes, granola bars and gingerbread cookies are among the favorites.

In 2017 the center received their eco-healthy endorsement. Eco-Healthy Child Care® (EHCC) is a national program that partners with child care professionals to eliminate or reduce environmental health hazards found within or around child care facilities.

Have you seen a tall woman wearing a sling pretty much all the time? Then you've met Ilse. Her unique accent (she speaks English, German and Afrikaans), and goal to make everyone feel like family has lifted the mood of the center. The motto for all caregivers is “the little things matter”, so she makes sure every child is attended to

and cared for with love and kindness. Accommodations to various requests are made whenever possible with a smile and dedication like none other. The children's center is open all winter season and is expanding to start an environmentally focused summer camp in 2019. altachildrencenter.com has up to date information on it! Follow them on [Instagram](https://www.instagram.com/altachildrencenter) and [Facebook](https://www.facebook.com/altachildrencenter) :)