



# Newsletter

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## Join the Clear the Air Challenge!—By Grace Olscamp, Communications Associate for HEAL Utah

Did you know that our personal transportation choices are the biggest contributors to our poor air quality, even over industry or developments? The vehicles we drive make up almost 50% of wintertime pollution in the valley...yikes!

But the good news is we can do something about it by making personal choices into permanent habits. The even better news is that there are fun ways to make this happen!

By joining the 2019 Clear the Air Challenge you can make a real impact on our air quality. Throughout the month of February participants compete on teams, like the HEAL Utah team, to travel the most miles by alternative transportation (biking, busing, taking TRAX, carpooling, etc.) instead of by single occupancy trips. There's even a handy app ([Commute Tracker](#)) to make tracking easy.

Slowly introducing more air-friendly approaches into your daily life can create permanent changes in our environment and communities. And what's a better way to do that than competing against your friends? You can invite your friends to join the challenge and even if you're not on the same team, you can see each other's stats and compete against each other all month long!

Last year, team HEAL traveled over 21,000 miles on alternative transportation and reduced 6.7 tons of carbon dioxide emissions in the process. Help us do more this year by joining our Clear the Air Challenge team and travelling smarter and cleaner this February!

Join the HEAL Utah team: [travelwisetracker.com/s/heal-utah](http://travelwisetracker.com/s/heal-utah)

Learn more: [healutah.org/cleartheair](http://healutah.org/cleartheair)

Questions? Please email Grace Olscamp, [grace@healutah.org](mailto:grace@healutah.org)



Photos Courtesy of Hannah Whitney



Photo Courtesy of Taylor Wilcox

## Nature Nugget: American Pine Marten

This weasel-like mammal is one of the more elusive wildlife species in Alta, so if you are able to catch a glimpse of the *Martes Americana*, consider yourself lucky. The American Marten, or more casually called pine marten, is of the Mustelidae family, which also includes weasels, otters, and badgers.

This little nugget's body can measure 14-17 inches and another 6-9 inches in the tail. Much like their cousins, American Martens are omnivores, hunting mostly at dawn and dusk, they like small animals, are opportunistic carrion fruit, nuts, and insect feeders, but their favorite, maybe due to the chase, is red squirrel (and Alta has plenty of those).

These days the marten is more commonly found northern North America, though it used to range throughout the southeast of the United States during Colonial times. They can exist at all elevations where there are mature forests (they love trees) and prefer to dwell in hollow trees, crevices, or vacant ground burrows. The range of a male marten can be up to 3 square miles, whereas females stay closer to home with up to 0.8 square mile range.

Not surprising, they tend to be solitary and nocturnal. Though you might encounter them together between June and August, their breeding season. Kits (usually 1 to 5) are then born in late March or April and are fully grown within 3.5 months. The young martens are able to breed between 15 to 24 months of age. These small cat sized mammals can also live up to 17 years in captivity. Keep your eyes open for these little guys!

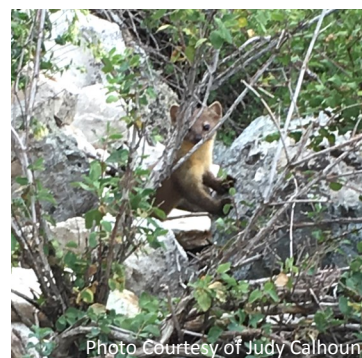


Photo Courtesy of Judy Calhoun



The future will either be green or not at all.

- Bob Brown

### Idle Free Alta—By Andria Huskinson

Air quality is a big concern for Salt Lake City and a growing health concern for many Utahns. Air pollution is a persistent problem due to Salt Lake's geography, climate and increasing population. Poor air quality can lead to respiratory problems and can impact one's quality of life. Additionally, it is an issue that everyone in Utah can personally effect, either positively or negatively.

To address this health and environmental issue, Salt Lake City passed an [Idle Free Ordinance](#) in 2011. The ordinance prohibits vehicles from unnecessary idling for over two minutes within the city limits. The town of Alta shortly after passed an idle free resolution. To assist the town's resolution the Alta Environmental Center (AEC), Alta Community Enrichment (ACE) and Friends of Alta (FOA) worked together to reach out to community members, lodges, and HOAs to support the idle free message. Now posted throughout the Town of Alta are several idle free signs or zones as a friendly reminder to turn off your engine.

Did you know vehicle idling accounts for almost half of the typical winter workday emissions? On a greater scale, "vehicle idling creates 1.6% of all greenhouse gas emissions in the U.S. That's almost double the total emissions for the iron and steel manufacturing industry" ([slc.gov](#)). Reduce idle time by turning off your engine while your car is not moving, that includes when you're gearing up for a ski day and stopping to talk to a friend. Idling for more than 10 seconds uses more fuel and emits more pollution than restarting your car. Help us create a more sustainable environment by being Idle-Free.



TOWN OF ALTA - RESOLUTION HJR5

### February & March Sustainability Events

- **Saturday, February 16—Naturalist Snowshoe Tour:** Cottonwood Canyons Foundation is taking registrations for an Alta adventure, monthly tours available. [alta.com/the-mountain/events](http://alta.com/the-mountain/events)
- **Saturday, February 16—Build a Bird Feeder:** During this 3-hour workshop, you will build a wooden bird feeder designed to help attract a wide variety of birds to your yard. Registration limited! [Altaarts.org](http://Altaarts.org)
- **Thursday, February 21—Skiing & Birds Brewvies Event—The Big Year:** Support Alta's bird monitoring program by going to the movies! [Tracyaviary.org/events](http://Tracyaviary.org/events)
- **Monday, March 11—Birding on Skis:** It's fun, it's different, and it's seeing birds in a whole new light. Join Tracy Aviary, the AEC and Friends of Alta for this monthly event. [alta.com/the-mountain/events](http://alta.com/the-mountain/events)
- **Saturday, March 16—Naturalist Snowshoe Tour:** Cottonwood Canyons Foundation is taking registrations for an Alta adventure, monthly tours available. [alta.com/the-mountain/events](http://alta.com/the-mountain/events)
- **Saturday, April 20—Alta Earth Day, VENDORS WANTED:** Attention local and eco-friendly vendors in the ski industry or winter sports, we hope you can join us for our annual community event. Email [environment@alta.com](mailto:environment@alta.com) for more info.

# THE BIG YEAR

## BREWVIES EVENT



THURSDAY, FEBRUARY 21  
7:00 – 9:30 PM

**\$10** 100% OF PROCEEDS BENEFIT  
THE ALTA MONITORING BIRD PROGRAM