



# Newsletter

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## Get Involved with Alta This Summer!

“Escape the heat this summer at Alta. The Alta Environmental Center has teamed up with key partner organizations to coordinate a variety of fun, family-friendly stewardship programs and educational events happening all summer long!

Join forces this summer at a stewardship or educational event with the [Alta Environmental Center](#), [Friends of Alta](#), [Alta Community Enrichment](#), [Tracy Aviary](#), [Cottonwood Canyons Foundation](#), [Alta Ski Area](#), [Tree Utah](#), the Forest Service and the [Town of Alta](#). Take in the fresh mountain air with like-minded people as you give back to the area we love through one or all of these summer events.

There are a variety of stewardship programs available to attend that allow you to help beautify, maintain vegetation and trails while contributing to the sustainability efforts of Alta. As well as, several educational events one can attend this summer to familiarize you or your family about Alta’s environment, vegetation, and native animals...” To continue reading about how to get involved in Alta’s Summer Stewardship programs visit [alta.com/blog/alta-summer-stewardship](http://alta.com/blog/alta-summer-stewardship).



Photo Credit: Rocko Merzyk

## Green Your Ride With Eco-Friendly Windshield Washer



Photo Credit: yourmechanic.com

SPLAT! It’s that time of year again, where a relaxing cruise through the canyon often results in a smattering of insects and crusty dirt streaks across your windshield. After a road trip, it’s important to make sure your windshield is clean, but it’s even more important to consider what product you will use to clean it.

Traditional windshield washer fluid is made of harsh chemicals that are not only toxic to you but also has adverse effects on the environment. Windshield washer fluid can contaminate groundwater and the rest of the water system, which can, in turn, impact the oceans by killing fish, coral, and other aquatic life. It also contributes to acid rain which destroys forests and kills plants.

After your next journey into the mountains, opt for this simple eco-friendly alternative that uses common household items to help you green your ride. (All facts from odec.ca, recipe from [agoodsimplelife.com](http://agoodsimplelife.com))

### Homemade Eco-Friendly Windshield Washer Fluid:

#### **Materials:**

- Gallon container
- Funnel

#### **Ingredients:**

- 2 cups rubbing alcohol
- 1 cup distilled white vinegar
- 3 quarts water
- 2 Tbsp. liquid dish soap
- 10-20 drops essential oil (optional)

#### **Instructions:**

1. Measure and combine all ingredients into container
2. Gently shake to mix mixture
3. That’s it! Fill vehicles fluid reservoir, label and store



Earth provides enough to satisfy every man's needs, but not every man's greed.

- Mahatma Gandhi

## Nature Nugget: Lincoln's Sparrow

The Lincoln's Sparrow, also known as *Melospiza lincolnii*, is a secretive bird that primarily goes unnoticed during winter and migration as it is known to forage on or near the ground, rarely leaving dense cover. However, despite its skulking behavior, it is not entirely impossible to see the Lincoln's Sparrow!

During the summer months in the mountainous regions of the West, they can be found singing on the edges of meadows and willow thickets, perched on low pine branches or shrubs. Walk along and listen for their bubbly wrenlike song and you might be lucky enough to spot one of these mountainous birds in Alta.

This delicate bird has a taste for insects, as its primary diet consists of beetles, flies, caterpillars, moths, leafhoppers and aphids. However, during the winter months, they will eat seeds and occasionally seeds from ground feeders.

Interestingly, during the mating season often times it is not enough for a male to simply sing a beautiful song to win over the female. In a laboratory study, it was shown that female sparrows were more attracted to males that sang during colder mornings than those that sang during warmer mornings. This attraction may be because males singing during colder mornings demonstrated not only their beautiful song but showed that they might also have more energy and strength, which would make them better mates .



Photo Credit: [allaboutbirds.com](http://allaboutbirds.com)

## Meet Mackay Compton



Mackay is the new Outreach and Communications Coordinator for the Alta Environmental Center (AEC). She will be working closely with Maura Olivos to ensure that Alta's community is up to date on all of the AEC's sustainability efforts and to assist with Alta's many stewardship programs and educational events.

Mackay grew up in the small town of Fillmore, where the only two things for a kid to do were to drag main street or hang out in the mountains, choosing the mountains, of course! She started skiing her junior year in High School and while isn't the best skier, she still loves to hit the slopes and enjoy a day out in the powder. She is excited to improve and enjoy the unique "Alta Experience" this coming winter. Mackay recently graduated from UVU with her bachelors in communications.

She is a self-proclaimed "foodie" as she and husband spend Thursday nights trying out different restaurants in the valley. She loves to travel and recently returned from a three month trip abroad to Asia. In her spare time, she likes to rock climb, read a good book, explore Utah's National Parks, repurpose old furniture, and practice photography.

## June—July Sustainability Events

If these highlighted sustainability events catch your eye, check out our full sustainability calendar at [alta.com/environment](http://alta.com/environment).

- **July 5th— HawkWatch and Hike:** Bring yourself, a friend or a family member to learn more about different species of birds followed by a naturalist walk, each led by one of our partner organizations. [alta.com/the-mountain/events/monthly-volunteer-day](http://alta.com/the-mountain/events/monthly-volunteer-day)
- **July 16th - Alta's Monthly Volunteer Day:** Work on 2-3 different activities taking place in a single afternoon. Activities could include planting native vegetation, weed pulling, or tree harvesting. After volunteering, enjoy a community party in the town park! Feel free to bring a side dish to share, games to play, or a guitar to serenade others. [alta.com/the-mountain/events/monthly-volunteer-day](http://alta.com/the-mountain/events/monthly-volunteer-day)