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FOR IMMEDIATE RELEASE: May 1, 2019  
 Contact: Kay Ogden Executive Director at (760) 873 – 4554 or  
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**A Day for Spotting Incredible Birds that Migrate through the Eastside**

As our days grow warmer and longer, Eastern Sierra residents are starting to see something in those sunny skies. Birds! Lots of migrating birds are currently journeying through California.

The Eastern Sierra’s diverse range of habitat makes birding here a particularly exciting and rewarding activity. From the valley floor to the high mountains, visitors and residents to this area can enjoy spotting an abundance of different bird species as they migrate through this dramatic scenery.

So make sure to save the date for an exciting Eastside event celebrating Migratory Bird Day on Saturday, May 11<sup>th</sup>! To celebrate, Eastern Sierra Land Trust and the Eastern Sierra Audubon Society are teaming up to host a morning of bird-spotting at Eastern Sierra Land Trust’s Black Lake Preserve. Local Eastern Sierra Audubon Society experts will be there to talk and answer questions about the bird species that visit this unique wetland. The event is open to all birding levels, and kids are encouraged to attend.

Black Lake Preserve is a particularly excellent spot for birding. It is located in the Adobe Valley, and it is an Audubon-designated Important Bird Area. The Preserve is home to an alkali lake and wet meadows that are critical to maintaining healthy bird habitat in Adobe Valley. Many types of birds visit year-round, and springtime attracts shorebirds and other migratory species to the Preserve. These include herons, cormorants, stilts, avocets, sandpipers, hummingbirds... the list goes on and on!

Migratory Bird Day is an international education program that celebrates the migration of nearly 350 bird species between nesting grounds in North America and wintering grounds in Latin America, Mexico and the Caribbean. ESLT and Eastern Sierra Audubon Society’s local event is a part of this worldwide program.

“Protect Birds: Be the Solution to Plastic Pollution” is the Migratory Bird Day global theme this year, drawing attention to how often birds and their chicks die from ingesting or becoming entangled in plastic. Although plastic is often used by people for only a moment or a day, its life cycle lasts 20 to 500 years, and it often becomes more deadly for birds over time as it breaks down into smaller parts.

Want some easy ways to help? Say no to plastic straws, invest in reusable water bottles and reusable produce bags, and bring your own grocery bags when you shop.

For more tips, and for a beautiful day of bird-spotting, join the event at Black Lake Preserve from 8:30 to 10:30 a.m. on Saturday, May 11<sup>th</sup>. Please direct questions and RSVPs to Marie Ring, ESLT’s Education Coordinator and AmeriCorps Member: [marie@eslt.org](mailto:marie@eslt.org) or (760) 873 – 4554. Make sure to ask Marie about carpooling options as well.

*Eastern Sierra Land Trust works with willing landowners to conserve vital lands in the Eastern Sierra for their scenic, agricultural, natural, recreational, historical and watershed values. To learn more about ESLT’s ongoing work and how to get involved, please visit [www.eslt.org](http://www.eslt.org).*





Photo caption 1: Grab your binoculars! Eastern Sierra residents and visitors can join in spotting birds alongside Eastern Sierra Audubon Society experts at Black Lake Preserve on May 11.



Photo caption 2: Eastern Sierra Land Trust's Black Lake Preserve is an Audubon-designated Important Birding Area located along Highway 120 East in Adobe Valley. It is open to the public.