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Aspen Energy Challenge August Promotion

Learn the best ways to save energy in your one-of-a-kind home by getting a Home Energy Assessment! Aspen residents that sign up for an assessment during the month of August can get it for free, while supplies last! To learn more, [click here](#) or call 970.925.9775.

Fri. Aug 5, 10 am - Noon Aspen Area Edible Garden Tour

Come along and see some of the delicious and beautiful things that grow well in Aspen's climate and learn about growing local foods. [Click here](#) for more information and to sign up.

Tue. Aug 9, 6 pm
Jessica Catto Dialogue:
Michael Curtin
Paepcke Auditorium, Aspen



Air Quality DURING WILDFIRE SEASON

August is wildfire season in the arid west, so ZGreen is sharing some information with you on the air quality impacts of fire smoke.

Smoke, as we know it, is made up of a complex mixture of gases and fine particles produced when wood and other organic materials burn. Currently, the National Oceanic and Atmospheric Administration (NOAA) is conducting a three-year study to get a better understanding of what is actually in wood smoke and what the true impacts from wildfires, as well as domestic wood burning, are on air quality.

Even those wildfires happening far away can still impact Aspen's air quality, so it's important to be informed. Did you know smoke can stay suspended in the air for long periods of time, travelling with the wind and following the same path as the clouds? Because of this, air quality meteorologists can forecast where smoke will travel and issue air quality alerts when there is a potential health impact.

The biggest health hazard from smoke is from fine particles called PM2.5. These microscopic particles can get into your eyes and respiratory system, where they can cause health problems such as burning eyes, runny nose, and illnesses such as bronchitis. Fine particles can also aggravate people with chronic heart and lung diseases.

Michael Curtin, CEO of DC Central Kitchen (DCK), will present a free lecture. DCK is America's leader in rebuilding urban food systems through social enterprise programs such as training unemployed adults for culinary careers, reducing hunger with recycled food, and preparing and serving healthy school meals. [Click here](#) for more info.

**Wed. Aug 10, 6 - 10:30 pm
ACES Stars Above Aspen:
Astronomy Night**

Sundeck, Aspen Mountain
Explore the cosmos atop Ajax this August! ACES, Aspen Skiing Company and Aspen Science Center are partnering to present the first ever Stars Above Aspen, a community event for everyone interested in astronomy! [Click here](#) for more information.

**Wed. Aug 17, 5 - 7 pm
Aspen Green Drinks
Stan Clauson Associates,
412 N Mill Street, Aspen**

The fun green networking event series is back for 2016! The City of Aspen and Stan Clauson team up to host a free, fun event for anyone interested in environmental topics. Light snacks and beverages are provided. For more information [click here](#).

FARMERS MARKETS

Carbondale Farmers Market
Wednesdays thru Sept 28, 10 am - 3 pm
4th and Main St

Aspen Farmers Market
Saturdays thru Oct 8, 8:30 am - 3 pm
Hopkins, Hunter, Hyman

Basalt Farmers Market
Sundays thru Sep 25, 10 am - 2 pm
Midland Spur, downtown

Proximity to a wildfire will impact the severity of a person's symptoms. For healthy individuals the health risks from short-term exposure to smoke can be minimal. However, it is recommended that if the visibility is less than 5 miles in your neighborhood, when the air is considered unhealthy, physical activity should be mainly done indoors.

Aspen's air quality monitoring program is a valuable tool during wildfire season whether the fires are nearby, in Colorado or in another Western state. Particulates and ozone monitoring data are collected and translated into the air quality index. This information is published in real time at aspenairquality.com. When particulates from smoke reach moderate levels some individuals could experience moderate allergic type symptoms such as a cough, congestion, runny nose and irritated eyes. ZGreen recommends becoming familiar with aspenairquality.com and making it a favorite on your web browser or saving it on your phone.

For more local information about wildfires, [click here](#).



HEAR THE VALLEY ROAR:
Aspen Fire Department

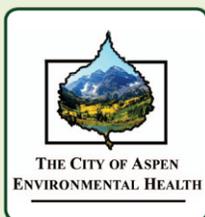
This month, ZGreen would like to recognize the Aspen Fire Department for its tremendous hard work protecting the land and people of Aspen through fire prevention and protection.

The Aspen Fire Protection District (AFPD) spans 87 square miles and includes the City of Aspen and Woody Creek. Aspen's Fire Department Chief is Rick Balentine, who has been with the department since 2013.

This year marks Aspen Fire's 135th year of service, since it was first started as a volunteer fire department in 1881. It has remained staffed by mostly volunteers ever since. Today, the 40 men and women who work with AFPD are responsible for protecting \$26 billion dollars of property values in the upper Roaring Fork Valley, and responding to over 1500 calls for service a year.

This spring, the Aspen Fire Department was involved in the

ZGreen Programs LINKS & INFO



management of the Hunter Creek Valley prescribed burn. The purpose of this prescribed fire was to decrease wildfire risk and improve the natural habitat of the area. As this area is within the Aspen Fire Protection District, the Aspen Fire Department partnered with the U.S. Forest Service and several other local entities, and had fire engines ready in the area to prevent unwanted spread of the fire.

For more information on the Aspen Fire Protection District, [click here](#).



BY THE NUMBERS: Vaccines

Vaccines are responsible for saving more lives in the last fifty years than all other medical procedures put together; however, people still die worldwide from vaccine preventable illnesses.

Here are some facts that demonstrate the power of vaccines by the numbers:

- **1797:**

The year when the first vaccine was developed when Edward Jenner discovered that inoculating people with cowpox would protect them from the much more dangerous smallpox.

- **1.5 million:**

The number of children under the age of 5 that die from vaccine preventable diseases worldwide each year.

- **2-3 million:**

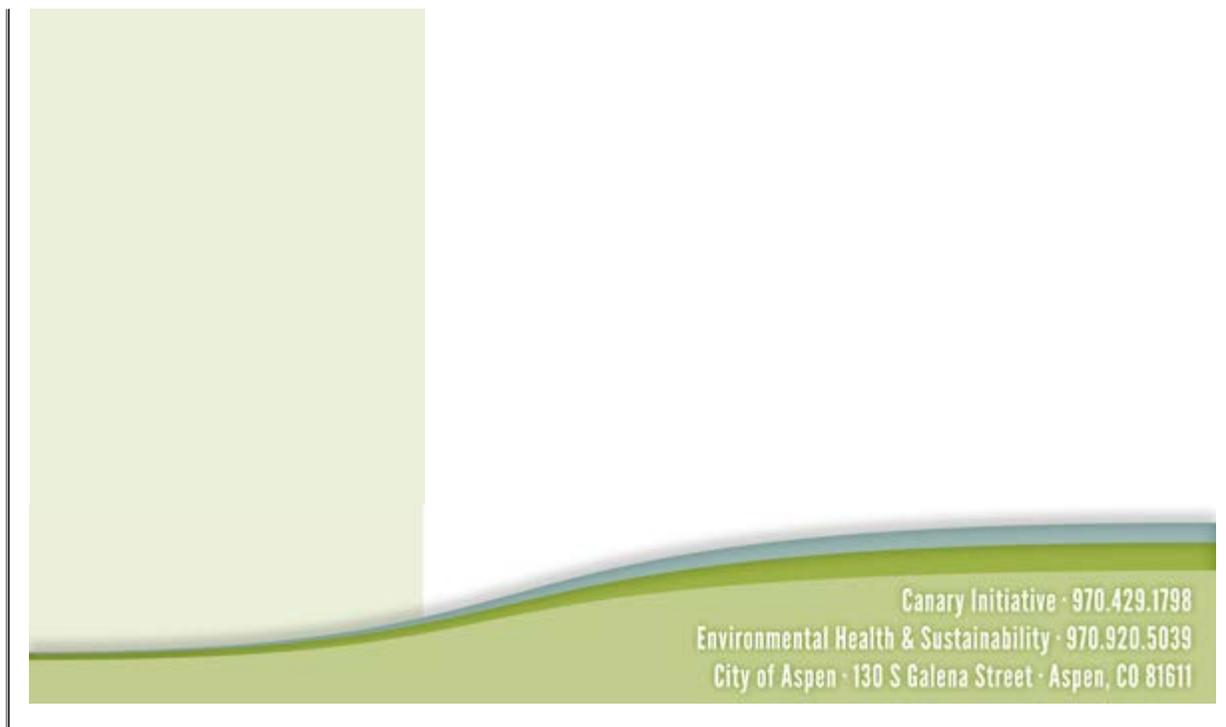
The number of lives saved per year, thanks to vaccination, from diphtheria, tetanus, pertussis, and measles.

- **350,000 vs 414:**

The number of polio cases in 1988 compared to 2014, due to vaccination.

- **40,000:**

The number of deaths prevented from 2005- 2014 because of the flu vaccine.



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