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CALENDAR

January is Radon Action Month. Pick up a free radon test kit to test your home for radon. Test kits are available at the Aspen Environmental Health and Sustainability Department located on second floor of City Hall. Learn more [here](#).

### Month of January Aspen Energy Challenge January Promotion: Refrigerators

Looking for a New Year's Resolution? How about improving the efficiency of your refrigerator? Save energy and money on utility bills by either cleaning the coils of your existing refrigerator or replacing an outdated, inefficient refrigerator. Get help with cash-back rebates from the Community Office for Resource Efficiency (CORE) and your utility provider! [Click here](#) to learn more or call 970.925.9775.



ENVIRONMENTAL HEALTH & SUSTAINABILITY

# New Year's Resolutions

*Well, it is that time of year again: the time to make New Year's resolutions. We want to share with you the resolutions that the staff here at the Environmental Health and Sustainability department are making to make 2016 a better year for our health and our earth. Maybe you'll get some ideas for resolutions of your own!*

**Jannette Whitcomb:** My 2016 sustainable resolution is to turn off the water while I scrub the caked on food and dried up coffee on my office dishes. I believe I will save gallons of Aspen's precious water by curbing my running water habit during my dish washing.

**Rachel Burmeister:** In 2016 I'm going to make sure that I take advantage of the preventative medical appointments that my insurance covers. This includes regular dentist visits and a preventative eye exam.

**CJ Oliver:** I am going to eat at least two meals per week of local foods, grown/harvested/produced in Colorado. In the summer I'd like to try to have at least one meal per week entirely from our garden with the exception of a salad dressing.

**Stacy Keating:** I really want to reduce my household food waste this year. I was really shocked when the U.S. Department of Agriculture and the EPA announced a first ever national target- a challenge for the country to reduce food waste by 50 percent by

**Through January, anytime  
Holiday Lights Recycling  
drop-off**

**Rio Grande Recycling  
Center, Aspen and Landfill**

Remove all the tinsel and ornaments from the light strand before going to the recycling center.

Take the light strands to a collection site - Rio Grande Recycling Center in Aspen, Pitkin County Solid Waste Center (landfill) - and place into the collection bins marked "Christmas lights." For more information, please contact Liz O'Connell with the City of Aspen Environmental Health and Sustainability Department at 970-429-1831.

**Through February 14  
Christmas Tree Recycling  
Rio Grande Recycling  
Center, Aspen and Landfill**

Be sure to remove ALL items including lights, tinsel and ornaments from the tree before going to the recycling center. Take the empty tree to the Rio Grande Recycling Center in Aspen or Pitkin County Solid Waste Center (landfill) and place onto the collection site marked "Christmas Trees". For more information, please contact Liz O'Connell with the City of Aspen Environmental Health and Sustainability Department at 970-429-1831.

**Wed Jan. 13, 7 pm  
ACES Potbelly Perspectives:  
Snow Leopards of India  
Hallam Lake, Aspen**

Presentation by Dick Filby. Tea, from Two Leaves and A Bud and Paradise Bakery cookies will be offered during lecture. Members Free and Non-Members \$5. [Click here](#) or call 970.925.5756 for more information.

**Thu Jan. 14, 5:30 pm  
Aspen History 101, Aspen  
Historical Society**

the year 2030. The stats say that we currently waste 133 billion pounds of food each year! [This website](#) has a great checklist for tips to help me closely match what food I buy to what I'll use.

**Liz O'Connell:** My sustainability resolution for 2016 is to remember to bring a take-out container when I eat out to avoid using a to-go container. On the health front, I have resolved to consume less cheese this year to keep my cholesterol down.

**Jane Wilch:** For my New Year's sustainability resolution, I want to significantly reduce my use of paper towels and napkins. To do this, I will work on changing my behavior to incorporate more reusable options - remembering to bring and use cloth handkerchiefs, napkins, and towels at home and on the go.

**Chris Menges:** My health resolution is to boost and maintain immunity naturally through nutrition, and to wear sunscreen more frequently. My sustainability resolution is to talk about climate change more often with more people.

**Ashley Perl:** This year I'm working on drinking more water to stay healthy and when I go shopping, I want to check the origin of my fruits and veggies. [This website](#) helps me know what is in season in Colorado every month of the year. Some times of year it's a short list, but I'd like to be more aware of our regional food shed and the impact of my choices.

**Ryland French:** In light of the World Health Organization recently declaring that processed meat causes cancer, and red meat may as well; my New Year's resolution is to limit the amount of processed and red meats I eat.

**Laura Armstrong:** In 2016, I resolve to be more thoughtful about my food consumption. I plan to eat more locally grown food, both from nearby farms and from my own garden, and preserve foods when they are in season. I also want to significantly reduce the food-related waste that I produce by composting, re-using containers, and making more meals from scratch.

***We hope this inspires you to think about changing some of your habits to better your health and the health of the environment. Happy 2016!***

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COMMUNITY CHAMPION: **Ruthie Brown**

***This month ZGreen  
shines the spotlight  
on a local  
sustainability  
champion.***

Ruthie Brown, shown at left enjoying the Aspen backcountry, is a third generation Roaring Fork Valley resident

**Wheeler Opera House,  
Aspen**

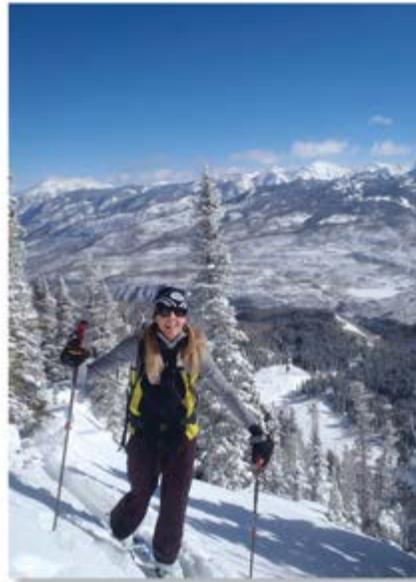
Aspen State Teachers College presents a crash course in the stories and characters that made Aspen the town it is today. From the rough-and-tumble miners to the cosmopolitan culture established in the '50s, this entertaining performance features local actors and local celebrity appearances. Kick off Winterskol by celebrating the past! Get your student ID card for discounted drink special at the Mad Hatter's Bash. Free admission. [Click here](#) or call 970.925.3721 for more information.

**Thu Jan. 14, 7:30 – 10 pm  
Aspen Historical Society's  
Mad Hatter's Bash  
Wheeler Opera House  
Lobby Bar, Aspen**

The resurrection of an adored "pastime," the Mad Hatter's Bash features "DJ Naka G" and infamous hat contest, wear your best-and craziest-hat for a chance to win two passes to Aspen Laff Fest. Aspen History 101 attendees redeem your student ID card, good for a discounted drink special. Free admission. [Click here](#) or call 970.925.3721 for more information.

**Sat Jan. 16, 10 am – 2 pm  
Winterskol's Fat Cycle  
Challenge**

**Rio Grande Park, Aspen**  
Fat Bikes return to Winterskol! This is your chance to compete, cruise around our custom course, and check out the hottest fat bike trends. Rio



who currently leads the Aspen chapter of Citizens' Climate Lobby (CCL).

Ruthie's years of engagement in, and service to the

community epitomize what this series is all about. Below, Ruthie discusses family roots, sustainability in the '70s and why addressing climate is both critical and achievable.

**On Aspen roots:** My grandfather brought the first supply wagon into Ashcroft over Taylor pass, built the first power company west of the Mississippi (Castle Creek Hydro Plant), and owned numerous mines in Aspen. My dad was a rancher turned businessman, having taken the Ski Company from very small to an international business.

**The mid 1970s:** Before Aspen had a recycling program, I negotiated a deal with Bill Coors to start accepting the city's bottles and cans; it was the start of the Aspen recycling program. At the same time I helped organize the ban on smoking in restaurants and bars in Aspen. Since then, I have served on numerous environmental boards in the Valley.

**On climate change:** From the Pope to Noble Prize winning economists, there is agreement that this is not just an environmental problem...it is a social, economic and survival problem effecting all of us. I am greatly concerned for the next generation and the crisis we are leaving them to inherit. However, if we work together we can solve the problem.

**On local solutions: I was motivated to do the "impossible" by finding the money through loans and grants to federally permit, build, and now operate the world's largest single phase hydroelectric plant. Built on an existing dam, it powers the town of Creede, CO.**

**Why CCL:** CCL is a citizen group dedicated to creating the political will for a stable climate, which translates into citizens working with members of congress to place a price on carbon, reflecting its true costs. The tax would be returned as a dividend to every citizen. Studies show that this market based solution would reduce emissions to safe levels, stimulate the economy, create jobs, strengthen national security, and save lives through healthier living conditions. [Click here](#) to learn more.

**How citizens can do their part:** Speak up! Our community

Grande Park will host the 2nd Annual Fat Cycle Challenge with a race, demo village, beer garden and more! [Click here](#) or call 970.925.1940 for more information.

**Wed Jan. 20, 7 pm**  
**ACES Potbelly Perspectives: Paddling, Peddling and Rowing from Santa Cruz Island to Vancouver Island Hallam Lake, Aspen**

Presentation by Pam Moore. Tea, from Two Leaves and A Bud and Paradise Bakery cookies will be offered during lecture. Members Free and Non-Members \$5. [Click here](#) or call 970.925.5756 for more information.

**Wed Jan. 27, 7 pm**  
**ACES Potbelly Perspectives: Nepal: Trekking, Paddling, Earthquakes and the Power of Social Media**

**Hallam Lake, Aspen**  
Presentation by Jenny and Charlie MacArthur. Tea, from Two Leaves and A Bud and Paradise Bakery cookies will be offered during lecture. Members Free and Non-Members \$5. [Click here](#) or call 970.925.5756 for more information.

**Tue Feb. 2, 8 – 11 am**  
**Birding with ACES: January ACES Hallam Lake, 100 Puppy Smith Street, Aspen**

Join naturalist Rebecca Weiss on the first Tuesday of the month from October through April for Morning Birding at Hallam Lake. Please note times for each outing as they change with the seasons. Bring your binoculars or borrow a pair from ACES, grab your guidebook, and dress warmly: coat, gloves, hat, and appropriate footwear especially when snow's on the ground. Members \$20, Non Members \$30.00. [Register here](#) or call 970.925.5756 for more information.

members can take immediate action by contacting their representatives in congress. They need to hear that we are concerned about human influenced climate change and demand they start addressing it by passing carbon pricing legislation. It's that simple!

## BY THE NUMBERS: Refrigerator Efficiency

*The Aspen Energy Challenge call to action for January is to improve the efficiency of your refrigerator.*



Since 1987, fridge energy use has declined by 50%, and price has decreased by 35%.



In the US, around 170 million refrigerators are in use. 60 million Americans own a fridge that is over 10-years-old, costing Americans \$4.7 billion a year in energy expenses.



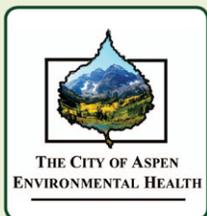
ENERGY STAR refrigerators use 10 percent less energy than minimum federal efficiency standards.



Aspen residents can receive \$200 in rebates when they purchase an ENERGY STAR refrigerator, and/or recycle their old refrigerator.



## ZGreen Programs LINKS & INFO



Increase fridge efficiency by allowing air circulation behind your fridge and cleaning its condenser coils.



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