

In This Issue

ARTICLES

[Busting Food Myths](#)

[Ski Areas & Sustainability](#)

[What's In A Name:
Chikungunya](#)

Green Events

CALENDAR

EHS December Giveaway:

The holidays are a perfect time to learn more about safe food handling practices. Stop by the Environmental Health and Sustainability office on the 2nd Floor of Aspen City Hall to pick up food thermometers, cooking temperature guide magnets, and home food safety tips.

Happy Holidays from the Aspen Energy Challenge

Thank you for being a bright light for energy efficiency! As a show of gratitude, we will be giving Aspen residents 5 free LED light bulbs during ACRA's "12 Days of Aspen" event. To learn how to get your free lightbulbs, [click here](#) or call 970.925.9775.

Wed. Dec 7, 2:30 – 5:30 pm
Sven the Winter Elf

Rock Bottom Ranch, Basalt
Celebrate the coming of winter with Sven, an elf who visits Rock Bottom Ranch every winter! Sven invites children



Busting Food Myths

The holidays, with all the people and food together, are the perfect time to focus on making sure your meals are not only delicious, but are also safe and healthy for your loved ones. There are more than 56 million cases of foodborne illness in the United States each year, resulting in more than 3,000 deaths. While your tough gut may have made it through a few exposures relatively unscathed, consider that children, the elderly, and anyone with a weakened immune system could experience significant illness if you are not following proper food safety practices.

If this is a time when you are more likely to cook for extended family and friends, consider practicing extra vigilance in the kitchen this year.

To help us think through some of the big kitchen 'no no's', we asked City of Aspen staff to reflect on their personal food safety practices, for better or worse.

"In my house, when a hard cheese gets moldy, we usually just cut the edges off and then keep eating it. Is this a bad idea?"

It's an okay idea. Not the worst we've heard. Hard cheeses are less hospitable for pathogen growth than soft cheeses, due in part to low moisture and high salt content. Moldy soft cheese should be tossed, but if hard cheese is in a block, you can remove the mold by cutting at least an inch around the spot. Err on the side of

and their families for a magical winter afternoon feeding the ranch animals and making holiday crafts. FREE. To RSVP and get more information, [click here](#) or call 970.927.6760.

Thu. Dec 8, 4 – 5:30 pm

Olaf the Winter Elf

ACES Hallam Lake, Aspen

Join ACES at Hallam Lake for a magical winter afternoon with Olaf the winter elf! Visitors will enjoy hot chocolate and holiday cheer with a story about Olaf, arts and crafts and an adventure out into the winter wonderland as you help Olaf feed the birds on Hallam Lake! FREE. To RSVP and get more information, [click here](#) or call 970.925.5756.

Mon. Dec 12, 7 pm

Astronomy Night with ACES:

Zodiac Constellations

ACES Hallam Lake, Aspen

Zodiac Constellations? Wait, are they talking about astrology or astronomy? Come learn about the Zodiacs, what they represent in astronomy, how to find them in the night sky and what Greek myths you may have heard about them. Members FREE, Non Members \$5. [Register here](#) or call 970.925.5756 for more information.

Tue. Dec 20, 4 – 6 pm

Aspen Historical Society: Old Fashioned Caroling and Cookie Exchange

Wheeler/Stallard Museum, Aspen

Bring cookies, eat cookies and take cookies home. The traditional cookie exchange will be paired with holiday caroling in the museum's main room, and hot chocolate and toddies will be served. For more information, [click here](#) or call 970.925.3721.

Thu. Dec 22 and Fri. Dec 23, 10:30 am

Teddy Bear Story Hour with Aspen Historical Society

caution and dispose of the cheese if you have allergies or mold sensitivities, but the foodborne illness risk is minimal.

“Upon being offered a refrigerator for her Indian food leftovers, I recently overheard my mom say, ‘No thanks. Leftovers are fine at room temperature for several hours.’ So, there you have it. It’s a case of funky tandoori.”

Bad idea. Four hours is the standard timeframe for length of time food should be left out without temperature control. When food sits at room temperature, it becomes in an incubator for bacterial growth.

“I brought the cheese dip to work and left it out on my desk in the morning so that it would get to room temperature so the chips would be able to dip it. I forgot about it and then with great delight remembered it was there and gobbled it down at 2pm. There’s no such thing as bad cheese in my book.

That night my stomach started to hurt and grumble. And then... I was up all night, feeling very sick, with symptoms that I won’t describe here. Turns out, there is such a thing as bad cheese after all...”

Bad idea. Since the cheese dip had been sitting at room temperature for over four hours, bacteria had the opportunity to reach dangerous levels and cause illness. Instead, we’d recommend heating the dip in the microwave as a safer means of softening the cheese.

We want you to stay food safe over the holidays and all year. **Stop by Environmental Health in City Hall to share your own food safety story and to pick up some food safety essentials like meat thermometers while supplies last!**



Above: Canary exploring one example of the ample sustainability-related messaging on Aspen Mountain. The solar panels behind these displays help power the Sundeck restaurant.

**Wheeler/Stallard Museum,
Aspen**

Celebrate the holidays with classic tales from around the world. \$3/child. For more information, [click here](#) or call 970.925.3721.

**Mon. Dec 26, 7 pm
Astronomy Night with ACES:
Understanding Zodiacs &
Modern Calendar**

ACES Hallam Lake, Aspen
Join ACES for a brief review of the Zodiacs and learn what they actually are. Zodiacs play an important role in the night sky and in the human calendars of past and present. Occurrences like leap year, solstice and equinox all have something to do with it. Members FREE, Non Members \$5. [Register here](#) or call 970.925.5756 for more information.

**December – January,
anytime
Holiday Lights Recycling
Drop-Off Rio Grande
Recycling Center, Aspen;
and**

**EHS office, 2nd Floor of
Aspen City Hall**
Place the clean light strands (no tinsel or ornaments) into the collection bins marked "Christmas Lights." For more information about recycling and reducing waste during the holidays, call 970.429.1831.

**Late-December - Mid-
February
Free Christmas Tree
Recycling**

Only bring 'naked' trees (no lights, tinsel, or wires and no wreaths) to the Rio Grande Recycling Center in Aspen or the Pitkin County Solid Waste Center (landfill) and place onto the collection site marked "Christmas Trees."

ZGreen Programs
LINKS & INFO

HOW SKI AREAS ARE Practicing & Advancing Sustainability

With all the evidence of climate change, including a month less of winter in Aspen now than thirty years ago, it is clear that ski towns and ski resorts must take action to protect winter. It's clear to many resorts that a thriving business equates to a stable climate and the protection of natural resources. And they are doing something about it.

Many ski areas around the country, most notably our own Aspen Skiing Company (SkiCo), have become leaders in sustainable operations and advocacy for climate policy. The following are four ways ski areas are helping lead the charge as sustainable businesses.

- **Developing environmental policies.** Many ski areas have taken the time to define their values and priorities, and then use those to guide a strategy to actively fight climate change. For example, [SkiCo's environmental policy](#) outlines over 14 unique strategies ranging from habitat conservation to influencing government.

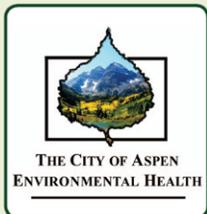
The National Ski Areas Association's (NSAA) Sustainable Slopes program and others track how ski areas are performing related to their environmental commitments. Check out how your favorite resort stacks up [here](#).

- **Greening their operations and reducing their carbon footprint.** From reducing energy in buildings, installing high efficiency snowmaking equipment, or sourcing local foods for restaurants, getting their own house in order is considered the right thing to do and also allows ski areas to have a meaningful voice in the national conversations. Soda Springs California won an award in 2016 for [becoming the first area in California to make snow using recycled water](#)

- **Working with peers in the industry to spread a larger message.** Climate and sustainability leaders can influence their peers and competitors by setting a high bar. The 200 ski resorts that have endorsed the National Ski Areas Association's (NSAA) environmental charter are collectively creating a broader message about what can and should be done.

- **Becoming advocates for state and national climate policy.** While greening their own operations is important, many ski areas including the Aspen Skiing Company realize that truly addressing this issue requires policy and action at the national scale. Accordingly, resorts are using the snow sports community and their own political influence as levers to drive policy change.

These activities only begin to scratch the surface of the many inspirational, innovative and effective initiatives that ski areas around the country are successfully implementing. Clearly, while



ski areas have a lot to lose from climate change, they are also becoming increasingly proactive in addressing it.



WHAT'S IN A NAME **Chikungunya**

This month, ZGreen provides readers with a new vocabulary word: Chikungunya.

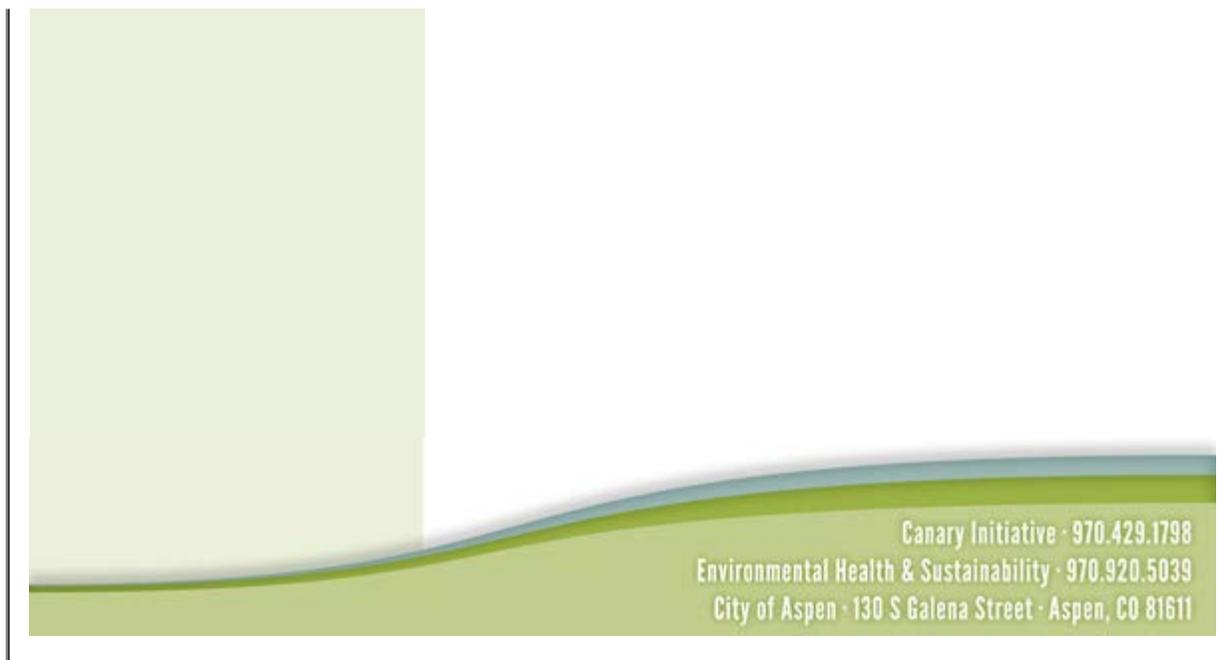
Chikungunya (*pronounced chik-en-gun-ye*) is an infectious disease that is transmitted to humans through the bite of an infected mosquito. The mosquitoes that transmit Chikungunya, typically *Aedes aegypti* and *Aedes albopictus*, are the same types of mosquitoes that are associated with the transmission of some other frequently talked about mosquito borne disease including Zika virus and Dengue fever.

The current distribution of the disease includes countries in Asia, Africa, Europe, the Americas and the Pacific Islands. For a complete distribution map [click here](#).

The majority of people infected with Chikungunya will develop common symptoms, which include fever and joint pain. Some infected people may develop headaches, rash, muscle pain and joint swelling as well. While the symptoms of the disease are rarely fatal, they can be very serious and for some, disabling. Those at a higher risk for more severe symptoms include infants who are infected near birth, elderly persons, and those who suffer from another chronic illness such as or heart disease.

Unfortunately, there is not a vaccine to prevent Chikungunya nor is there any medication designed specifically to treat it. Treatment is limited to getting plenty of rest, drinking adequate fluids to prevent dehydration and taking medicines such as acetaminophen to reduce fever and swelling. If you develop symptoms similar to those associated with Chikungunya, contact your health care provider and provide travel history to help with an accurate diagnosis.

Prevention of Chikungunya involves avoiding the bite of mosquitoes, particularly in areas where the virus is known to be present. Measures that prevent mosquito bites include keeping screens on open windows, wearing long sleeves and pants, and the application on mosquito repellent.



Share this email:



[Manage](#) your preferences | [Opt out](#) using TrueRemove™

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

130 South Galena St.
Aspen, CO | 81611 US

This email was sent to stacy.keating@cityofaspen.com.
To continue receiving our emails, add us to your address book.

