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CALENDAR

EHS June Giveaway: This June, the Environmental Health and Sustainability office wants to help you protect yourself against melanoma. Stop by our office and pick up a free sample of EltaMD sunscreen, 2nd floor of Aspen City Hall.

Aspen Energy Challenge June Promotion
In hot water with your utility bills? This month, turn down your hot water heater to 120 degrees F to save big on energy and utility costs. Join with your neighbors to save energy! To join the Aspen Energy Challenge and learn more energy saving tips, [click here](#) or call 970.925.9775.

Aspen Area Vegetable Garden Competition
Plant at least a quarter of your landscaping with vegetables and/or herbs this year, enter your garden into the



Skin Cancer in Colorado

Colorado is known for having over 300 days of sunshine a year, but this extra sunshine, combined with our high elevation and active lifestyles can be hazardous to our health if we don't take precautions.

With summer upon us and outdoor activities on the rise, it's time to pull out the sunscreen, hats and protective clothing to make sure we protect ourselves from melanoma, which is a skin cancer caused by sun exposure.

Many people may not be aware that melanoma is a serious concern in Colorado:

- The annual rate of new melanoma diagnoses in Colorado is 15 percent higher than the national average.
- In Colorado, melanoma is the fifth most commonly diagnosed cancer.
- Pitkin County has the highest rate of new melanoma diagnoses in the state and ranks amongst the highest 1 percent of counties nationwide.

During the month of June, the City of Aspen Environmental Health and Sustainability Department is focusing

competition, and the winners will be highlighted in the first ever Aspen Area Vegetable Garden Tour on August 5th. The deadline to enter your garden into the competition is July 31st. To sign up and for more information, [click here](#).

**Wed. Jun 1, 5 - 7:30 PM
Midvalley Green Drinks
Habitat for Humanity
Boutique and Warehouse
7025 Hwy 82, Glenwood
Springs**

Midvalley Green Drinks is back up and running! Please join us for networking and drinks at our June event at the Habitat for Humanity Restore in Glenwood Springs. The building is right off of the highway and right near the CMC bus stop. [Click here](#) for more information.

Sat. Jun 4, 8:30 AM - 5:30 PM

**Roaring Fork Outdoor
Volunteers
Van Horn Lookout Train,
Hunter Creek Valley**

Volunteer to help reconstruct this severely eroded trail in the Hunter Creek Valley, affectionately known as Aspen's Backyard. At the end of the day, your efforts will be rewarded with delicious food and refreshing beverages (adult and regular). [Click here](#) for more information.

Thu. Jun 6

**Deadline to Order Your
Garden in a Box**

Garden In A Box, a selection of professionally designed, perennial gardens that use Xeric (low water) plants, offers residents a simple approach to an eye-catching yard. Boxes can be picked up June 11. [Click here](#) for more information.

on sun safety and helping residents and visitors reduce their exposure when playing or working outside. We spoke with a local melanoma survivor, Wes Cantrell, to get some tips on avoiding sun exposure and reducing risk:



"I was diagnosed with melanoma in 2004 when I found a black spot the size of my little fingernail on my left arm. I had noticed the spot before, but I didn't know to be concerned because I had never heard of melanoma."

Since then, I see my doctor every three months. I've found other spots and undergone numerous biopsies and so far I've been lucky that they've been able to remove all the cancerous cells before it spread anywhere else.

Between my new awareness and my regular skin checks with my doctor, I'm doing all I can to catch any issues early on. Since I was diagnosed, I never go outside without a long sleeve shirt and a wide-brimmed hat. I also apply sunscreen to my face, arms and legs, even when I'm wearing a long sleeve shirt or pants, in case I roll up my sleeves or I'm in the sun for longer than expected. I find that there are many options available now for clothing with sun protection built-in, for an added layer of protection.

My experience has taught my two daughters to be vigilant as well, and I hope that my story will encourage others to protect themselves from the sun."

HOW TO: Plant a Pollinator Garden

**Wed. Jun 8, Thu. Jun 16,
Tue. Jun 21, 5 PM**

**North Star Roaring Fork
River Float**

North Star Preserve

Join staff from the Roaring Fork Conservancy and Pitkin County Open Space and Trails for an interpretive float. They'll provide the inflatable kayak (ducky), paddle, and PFD as well as tell the history of North Star, point out wildlife, and discuss recent restoration activities along this mild two-hour float. [Click here](#) or call 970.927.1290 for more information.

**Fri. Jun 10, 6:30 - 8:30 PM
The Fate of Our Public
Lands**

**Rocky Mountain Institute,
22830 Two Rivers Rd,
Basalt**

Is it really possible for states, counties and private interests to eventually control the vast lands managed by the Forest Service and the BLM? Join High Country News' crack editorial team in a lively discussion about the Sagebrush Rebellion and what it means for the future of the West. [Click here](#) for more information.

**Wed. Jun 15, 5 - 7 PM
Aspen Green Drinks
Land + Shelter, 301
Hopkins Ave Ste 211, Aspen
[end bold]**

Land + Shelter and the City of Aspen team up to host a FREE, fun event for anyone interested in environmental topics. Light snacks and beverages are provided. Call



Pollinators like bees, hummingbirds and some butterflies, are a critical component to any ecosystem. They help plants by moving pollen from one part of the flower or plant to another, and this pollen fertilizes the plant so that it can make fruit and seeds.

Here are some tips for attracting pollinators to your garden.

- 1• Choose a location for your garden that will be undisturbed.
- 2• Select native plant varieties and a wide variety of wildflowers to provide pollen and nectar, and plant bunch grasses to serve as habitat for ground-dwelling bee species.
- 3• Plant flowers that bloom at different times of the year so that pollinators have a consistent food source.
- 4• Prepare your garden location by clearing any existing vegetation or weeds on the site. If soil is compact, loosen the soil through tilling
- 5• Apply seed mixture by tossing lightly by hand or using a spreader. Gently rake the seeds into the soil to cover them.
- 6• For successful seed germination, make sure the site is kept moist for the first 4-6 weeks. Watering can be reduced after 6 weeks.
- 7• Once your garden is growing, do not use a shovel, plow, or any tool that will disturb the soil as many bees are ground dwellers and nesters.

More information on pollinator gardens and seed suggestions for mountain environments can be found by [clicking here](#).

970.429.1798 or [click here](#) for more information.

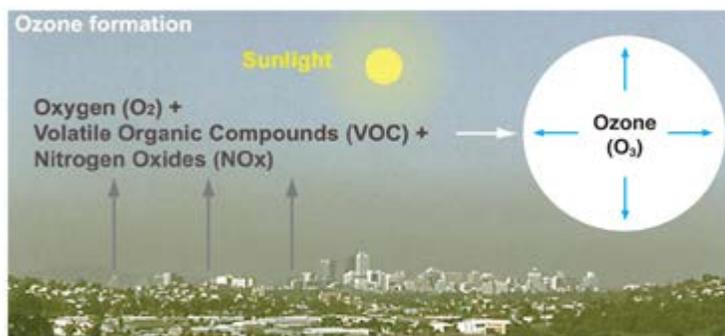
Mon. Jun 20 - Fri. Jun 24
American Renewable Energy (ARE) Day Summit Viceroy Snowmass

AREday, America's premier renewable energy summit is a deep immersion into topics designed to precipitate a historic and necessary transition to an environmentally and economically sound future. For more information, [click here](#).

Wed. Jun 22
Aspen Bike to Work Day Paepcke Park

Thu. Jun 23, 5:30 PM
Wetland Walk Rio Grande Park, Aspen
Join staff from the Roaring Fork Conservancy and April Long, Stormwater Manager for the City of Aspen, to learn how this state-of-the-art filtration system, modeled after Mother Nature's ability to "clean" by using proper soil and vegetation, reduces pollutants in the Roaring Fork River by 96 percent. [Click here](#) or call 970.927.1290 for more information.

Tue. Jun 28, 5:30 PM
Early Summer Wildflower Walk Deer Hill Open Space, Aspen
Join Roaring Fork Conservancy and City of Aspen Parks & Open Space on an excursion onto this sanctuary for wildlife in one of the busiest parts of the valley. Highlights of this walk will include 360-degree views of Aspen's topography



WHAT'S IN A NAME: **Ozone**

When was the first time you heard the word ozone? Was it back in the 80s regarding the hole in the ozone layer? Or was it when you learned about smog in your favorite city? Or how about when you heard the ARC lifeguards discuss the ozone treatment system for the pool?

Ozone is many things, so ZGreen wants to share what **ground level ozone** is and how it can impact your health.

As a rule of thumb in the Environmental Health and Sustainability Department, we say that ozone is "good up high and bad nearby." This means that ozone can be good or bad for your health and the environment, depending on its location in the atmosphere. If the ozone is in the far reaches of the atmosphere in the area known as the stratosphere, the ozone layer protects life on Earth from the sun's harmful rays. The ozone that exists closer to Earth in the first layer of the atmosphere is known as **ground level ozone** and can be harmful to human health.

Ground level ozone is an air pollutant that is not directly emitted by a source such as a car or natural gas drilling operation. Ozone is made in the atmosphere through a recipe of other pollutants that are emitted directly or that exist naturally such as nitrogen oxides (NO_x), volatile organics (VOC) and ultra-violet light (UV).

It takes time to make ozone because all the right ingredients need to come together from various locations. Wind moves the elements and pollutants around and allows them to mix. Once the ozone recipe is complete, the weather plays a role in how much ozone is present in Aspen and whether it stays in our valley or moves on.

The concern with ground level ozone is that high levels of ozone in the air we breathe can affect our health and quality of life. Breathing in high levels of ozone is like giving your lungs a sun burn. OUCH!

People with respiratory illness, young children and the elderly are particularly sensitive to ground level ozone. However, those that like to hike, bike and run hard are also sensitive to ozone as they are breathing deeper and at a high rate.

To find out what the ozone levels are in Aspen go to www.aspenairquality.com.

and a stunning amount of wildflowers. [Click here](#) or call 970.927.1290 for more information.

All of June

Aspen Center for Environmental Studies

[Click here](#) to discover all of the happenings at ACES this June, including outdoor yoga, a picnic at Hallam Lake, and more!

FARMERS MARKETS

Carbondale Farmers Market

Wednesdays, Jun 8 - Sept 28,
10 am - 3 pm
4th and Main St

Aspen Farmers Market

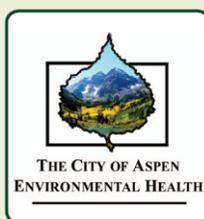
Saturdays, Jun 11 - Oct 8,
8:30 am - 3 pm
Hopkins, Hunter, Hyman

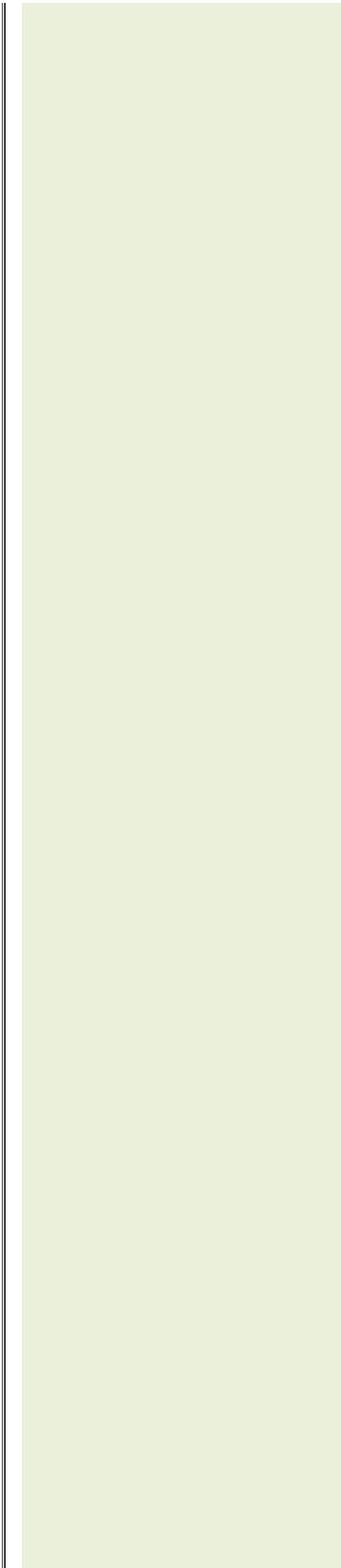
Basalt Farmers Market

Sundays, Jun 12 - Sep 25, 10
am - 2 pm
Midland Spur, downtown

ZGreen Programs

LINKS & INFO







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