



MAY 2016 · Vol. 09 · Issue 05  
CITY OF ASPEN · CANARY INITIATIVE · ENVIRONMENTAL HEALTH & SUSTAINABILITY

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## Green Events

CALENDAR

**EHS May Giveaway: FREE Garden Gift Baskets!** Stop by EHS office (second floor in City Hall) to pick up veggie seeds, compost coupons, and more to support growing local food in Aspen!

**Aspen Energy Challenge May Promotion: Energize Your Spring Cleaning**

For the month of May, join the Aspen Energy Challenge by participating in spring cleaning actions that will save you energy! Replace your air filter, reset your thermostat, and clean out your refrigerator coils. These small improvements can save you energy and money. To join the Aspen Energy Challenge and learn more, [click here](#) or call 970.925.9775.

**Month of May Art Exhibition: Roots**  
Red Brick Center for the



# Tick-borne Diseases

## AND PREVENTION

When you hear of ticks, it might incite fear and feelings of revulsion. In addition to these feelings, ticks can also cause serious illnesses.

This month, ZGreen helps our readers understand what types of ticks are found in Colorado and how to avoid tick-borne diseases. The Colorado tick season usually begins in March and peaks in May. Ticks are first found on sunny slopes as soon as the snow melts when they become active looking for a host that will provide them with a meal.

Most people immediately think of Lyme disease when talking about tick-borne illnesses; however, thankfully we do not have to worry about contracting Lyme disease in Colorado.

The most common tick-borne disease in Colorado is the aptly named **Colorado Tick Fever**. This viral illness is commonly confused with other viral illnesses such as the flu. Typically, people with Colorado Tick Fever will have flu-like symptoms for 4-5 days, followed by a few days of feeling better before a relapse that will last 2-3 more days.

**Rocky Mountain Spotted Fever**, a bacterial illness transmitted by ticks, is much less common but far more serious than Colorado

### **Arts, Aspen**

To celebrate Anderson Ranch's 50th anniversary, Red Brick is co-curating an exhibit that represents artists who are rooted in the valley. This exhibition is free. For more information, [click here](#) or call 970.429.2777.

**Tue. May 3, and Tue. May 17, 6:30-9:30 AM**

#### **Morning Birding-Spring Migration**

##### **ACES Hallam Lake, Aspen**

Join Naturalist Rebecca Weiss on these two Tuesdays in May. Birders of all levels are welcome. [Click here](#) for more information.

**Wed. May 4, May 11, May 18, and May 25, 5:30 PM**

#### **Hallam Lake Garden**

##### **Volunteer Series**

##### **ACES Hallam Lake, Aspen**

Join ACES staff and community members for evenings of spring gardening at Hallam Lake. Please wear sturdy shoes and bring your own work gloves if you have them. Snacks provided, BYOB. For more information or to RSVP, [click here](#).

**Thu. May 5, 5:30 PM**

#### **Heron, Eagle, Osprey Watch Aspen Glen, Carbondale**

Take an amazing look at great blue herons, bald eagles, and osprey near the confluence of Cattle Creek and the Roaring Fork River. Dress for the outdoors. For more information [click here](#) or call 970.927.1290.

**Wed. May 11, 5:30 PM**

#### **High Altitude Heron Watch James H. Smith North Star Open Space, Aspen**

Join staff from Roaring Fork Conservancy and City of Aspen Parks & Open Space for an evening of heron watching at an elevation above 8,000 feet! Dress for the outdoors. For more information [click here](#) or call 970.927.1290.

Tick Fever. Rocky Mountain Spotted Fever causes high fever, headache, chills, muscles aches, and often a full body rash. This disease can be fatal if not treated, but is cured with antibiotics.

Many people unfortunately find themselves coming into contact with ticks when playing or working outdoors around the Valley. Most tick-borne illnesses require the tick to be attached to your body for several hours, so it is very important to check for ticks regularly if you are outside. The best way to prevent ticks from attaching to you is by wearing long sleeves and pants, using an insect repellent with DEET or permethrin, and avoiding areas with a large amount of brush.

If you do find a tick on your body, follow the CDC's recommendations on removing a tick:

#### **How to remove a tick:**

- Use fine-tipped tweezers to grasp the tick as close to the skin's surface as possible.
- Pull upward with steady, even pressure. Don't twist or jerk the tick; this can cause the mouth-parts to break off and remain in the skin.
- After removing the tick, thoroughly clean the bite area and your hands with rubbing alcohol, an iodine scrub, or soap and water.
- Avoid folklore remedies such as "painting" the tick with nail polish or petroleum jelly, or using heat to make the tick detach from the skin. Your goal is to remove the tick as quickly as possible - not waiting for it to detach.

**And please remember:** medical professionals in the area are an important resource if you feel unwell after experiencing a tick bite or if you have symptoms similar to the ones described here. It's better to err on the side of caution when it comes to your health.

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HEAR THE VALLEY ROAR:  
**SCRAPS: Valley-wide  
Composting Program**

**Fri. May 13 and Sat. May 14,  
9-1 PM**

**Residential Electronics  
Collection Event  
Community Bank Parking  
Lot, off of Mill Street, Aspen**

Electronic waste pick-up for businesses is on Friday, May 13 by appointment only. To make a pick-up appointment, call 303.522.9672. Most residential electronics are accepted for free (TV's and monitors cost \$20). For more information, call 970.920.5039.

**Sat. May 14, 9:00 AM  
Women's Only Fly Fishing  
Clinic**

**Coryell Ranch, Carbondale**  
Learn the basics about equipment, casting, reading rivers, aquatic insects and spend time fishing in the afternoon. Clinic is limited to 12 people, so please RSVP. Breakfast and lunch provided. For more information [click here](#) or call 970.927.1290.

**Wed. May 18, 5:00 PM  
Ruedi Reservoir Tour:  
Storing West Slope Water  
Ruedi Reservoir, Basalt**

Join Mark Fuller from Ruedi Water and Power Authority to learn about trans-basin water diversions and how Ruedi Reservoir operates, by visiting the reservoir. Dress for the outdoors. For more information [click here](#) or call 970.927.1290.

**Mon. May 23, 8:30 PM**



*Above: EverGreen ZeroWaste dumps collected scraps from Aspen at the Pitkin County Solid Waste Center's compost site.*

For May, ZGreen is highlighting the quickly-growing SCRAPS program.

SCRAPS is the name of the community compost collection program that reaches residents and businesses from Aspen to Glenwood Springs. Participants separate food waste, paperboard and other organic material from their trash and send it to the Pitkin County Solid Waste Center where it is turned into certified compost.

This program got its start in 2010, thanks to a team that includes dedicated waste reduction specialists from EverGreen ZeroWaste, City of Aspen and Pitkin County. The program was kick started in 2010 with a grant from the Colorado Department of Public Health and Environment, with additional grant funding in 2015.

SCRAPS used the funding to provide free indoor and outdoor wildlife proof containers to participants to collect compostables. The small SCRAPS collection buckets also take the "ick" factor out of composting by having a place to put food and organic waste in a well-sealed container while waiting for pick up day.

Today, participants in the SCRAPS program bring over half a million pounds of compostable material to the Pitkin County Solid Waste Center each year. SCRAPS is win-win-win. SCRAPS makes it easy and affordable for residents and businesses to reduce their waste; the environment is protected and conserved by diverting food waste; and people can see it's a local closed loop system because the finished compost is available for purchase for people to improve their soil.

ZGreen wants to recognize the [SCRAPS](#) program for uniting the Roaring Fork Valley in a common cause of waste reduction.

### Astronomy Night

#### ACES Hallam Lake, Aspen

ACES invites you to Hallam Lake this spring to learn about the night sky with local astronomy whiz, Anna Kate Belinski. Dress warmly. To RSVP and for more information [click here.](#)

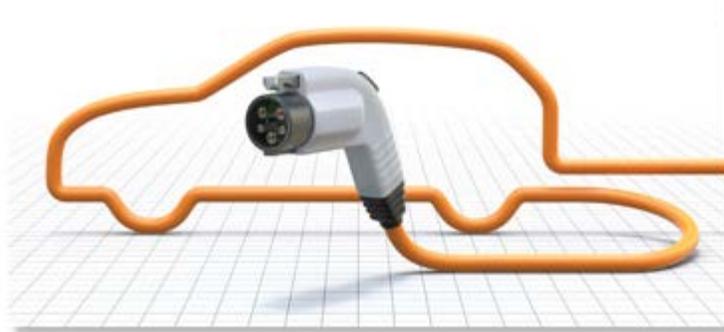
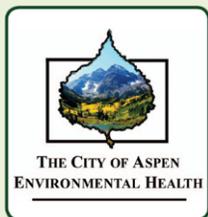
Wed. May 25, 5-7 PM

#### Aspen Green Drinks

#### Aspen Meadows, Aspen

We-Cycle 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 970.920.5039 or [click here](#) for more information.

## ZGreen Programs LINKS & INFO



### WHAT'S IN A NAME:

## EV (Electric Vehicle)

You've probably seen them driving around town, heard about them in the news, or seen a charging station at a parking lot near you, so this month, ZGreen investigates what truly is an EV? An Electric Vehicle is a car that gets its power from an electric motor instead of a gasoline engine. The car uses energy stored in its rechargeable batteries, which can be recharged at home or at a variety of different types of EV charging stations.

An EV is different than a hybrid car because an EV is powered ONLY by electricity, whereas a hybrid is fueled by a gasoline engine and uses a battery to improve efficiency. There is also a third category known as a plug-in hybrid car that runs on an electric motor, but also has an internal combustion gasoline engine for use when no electric charge is available.

Just a few years ago, the only EVs in Aspen were the small, neighborhood electric vehicles or NEVs. While these vehicles are still fully powered by an electric motor, their lower speeds and smaller battery capacities make them more appropriate for in-town use, but not highway speeds or distances.

The EVs that are making headlines these days are full-sized cars that drive and perform much like a traditional gasoline vehicle. EVs vary greatly depending on the manufacturer and model, but on average, EVs can travel 50-100 miles on a single charge.

After that, the car needs to be 'fueled' using one of these three options:

- **Level 1, 120 Volts.** This is known as 'wall plug' charging and recharges 5 miles of driving for each hour plugged in.
- **Level 2, 240 Volts.** This is the standard electric car plug that is available at numerous public locations. Recharges 25-50 miles for each hour that it is plugged in.
- **Level 3, or DC Fast Charging.** Check out the only fast charge station in the upper Roaring Fork valley in the Rio Grande Parking Garage! These stations can recharge 100 miles for each hour that it is plugged in.

With more charging stations being installed every day in Colorado, the State and the Roaring Fork Valley are leading the way in

offering EV drivers the ability to move around the region hassle free in an electric vehicle.

For information on where to find a charging station [click here](#).

If you are ready to make the switch to an Electric Vehicle or if you want to learn more go to [Electric Ride Colorado](#).

The City of Aspen is creating an Electric Vehicle Readiness Plan that will layout a pathway for Aspen to better serve residents and visitors alike with all the resources needed to purchase and drive an electric vehicle. For more on the City of Aspen's efforts, [click here](#).

Canary Initiative · 970.429.1798  
Environmental Health & Sustainability · 970.920.5039  
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