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CITY OF ASPEN · CANARY INITIATIVE · ENVIRONMENTAL HEALTH & SUSTAINABILITY

## In This Issue ARTICLES

[Green Gift Giving](#)

[Point-Counterpoint:  
Regular Soap vs. Antibacterial  
Soap](#)

[Hear the Valley Roar  
Waste Free Roaring Fork & The  
Mug Shot Contest](#)

## Green Events CALENDAR

### Don't miss this November's "Mug Shot Contest"

Post a pic of you and/or your reusable mug at your favorite café to the [WFRF Facebook page](#) and be entered to WIN a new mug and a \$25 gift certificate to one of 11 local cafes! Go to [the WFRF website](#) for more details.

### Aspen Energy Challenge November Promotion

What's your energy saving story? During the month of November, tell your energy saving story and receive a free ALEX bottle! To find out more about how to get your free ALEX bottle, [click here](#).

### Tue, Nov. 14, 7 pm Phases of the Moon

**ACES Hallam Lake**  
ACES Astronomy Nights are monthly gatherings throughout the year to appreciate the

# Green Gift Giving



Want to give gifts that your friends and family will love while still caring about the environment? There are lots of ways to give gifts that are environmentally conscious or that don't require buying any items at all.

Whether you want to save money while thoughtfully giving or splurge on someone special, there are many sustainable options. The holidays are a great time to demonstrate how much you care about the planet as well as people.

Perhaps it's time to look at "used" in a new light. Giving a used gift was once a last resort, since it could make the gift-giver feel cheap. But used gifts are the kindest of all to the environment, as no energy or resources are expended to create the gift. Today there are many areas where used items can be appropriate as gifts, and the list grows every day.

Consider vintage clothing, books, sports equipment, tools, cameras, children's toys and clothes. With musical instruments and tools, older "used" ones are often more valuable than their new counterparts. The Roaring Fork Valley has a multitude of second-hand and consignment stores that can offer the thrill of shopping without the guilt of buying new.

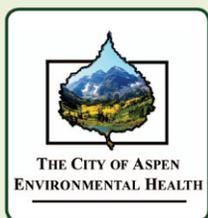
If you like the idea of celebrating with used materials, but want the

spectacle of the night sky. Each evening starts with a 15-minute lesson covering basic astronomy concepts such as life-cycle of a star, reasons for meteor showers, what planets might be visible, or how phases of the moon work. After the mini lecture we will gather outside for the stargazing portion of the evening. Aspen High School Astronomy Club member Ricky Woycik will be on-hand to guide you through the phenomena of the mountain night sky. RSVP at 970.925.5756 or [click here](#) for more information.

**Thu, Nov. 16**  
**RFC 20th Birthday Party**  
**Location TBD**

Celebrating 20 years of inspiring people to explore, value and protect the Roaring Fork Watershed. Save the date for Roaring Fork Conservancy's 20th Birthday Party. Details are forthcoming so stay tuned by going to their [website](#).

**ZGreen Programs**  
LINKS & INFO



item itself to be new, upcycled or recycled goods are unique gifts with loads of character. Several stores in our valley carry artistic gifts which are made from reclaimed materials. Online, you can find clocks made from records or glasses made from old wine bottles. The examples of what you can find by searching for "recycled gifts" are charming and almost endless. Some of these even come with the extra gift of helping people in the developing world by purchasing their products.

The least impact can be had by giving the gift of an experience. For example, tickets to a show or concert can offer lasting value with minimal impact on resources. Other experiences or services are also valuable. For example, a membership to Car-to-Go or We-Cycle are particularly useful for a commuter. Or you could give a few containers as a gift for someone to start their own garden, and provide seed packets to get them started.

Thinking outside of the box can provide a way to care about those you give to, as well as the environment we all share. Happy Holidays!



POINT / COUNTERPOINT  
**Regular Soap vs.**  
**Antibacterial Soap**

When you wash your hands, what type of soap do you reach for? Learn more about how regular soap compares to antibacterial soap here:

**Regular Soap:**

- Does not contain antibacterial ingredients
- Does not harm the healthy bacteria on skin
- More than adequate for non-healthcare settings
- Less expensive
- Reduces water surface tension to lift bacteria and dirt from the skin
- Effectively cleans hands

**Antibacterial Soap:**

- Contains antibacterial ingredients
- Using too much antibacterial soap can reduce the healthy bacteria on skin
- Recommended in healthcare settings
- Antibacterial hand sanitizer is a good alternative to handwashing when water and soap are not available

- Not proven to be more effective than regular soap

The Food and Drug Administration (FDA) and Center for Disease Control (CDC) have stated that there is no evidence proving antibacterial soap to be more effective than regular soap. Proper handwashing is most important, followed by your choice of soap. To wash your hands properly, lather soap by rubbing hands together for a minimum of 20 seconds. Make sure to get in between the fingers and on the front and back of the hands. Rinse hands in warm water.

The FDA recently issued a final ruling that bans the use of certain antibacterial ingredients in soaps. To learn more about this ruling, [click here](#).

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HEAR THE VALLEY ROAR

## Waste Free Roaring Fork & The Mug Shot Contest

***This month, ZGreen is spotlighting WFRF or Waste Free Roaring Fork.***

Since 2012, local governments and community organizations have been working hard to help reduce waste in the Roaring Fork Valley through an initiative called Waste Free Roaring Fork (WFRF). City governments from Aspen, Basalt, and Carbondale team-up with the Pitkin County Landfill and the Community Office



for Resource Efficiency (CORE) to offer valley-wide programs that address waste reduction in our community and help promote waste reduction, reuse, and smarter resource management in a variety of ways. You can find more information about WFRF by [clicking here](#).

Join WFRF's efforts this month, by entering the "Mug Shot Contest". Bring a reusable mug to any valley café and you could win a new mug and a \$25 gift certificate to a coffee shop participating in the contest. All you have to do is post a picture of you and/or your reusable mug to the Waste Free Roaring Fork Facebook page and you'll be entered to win.

While this contest is an annual friendly competition with a message, WFRF has had other very successful projects in the valley including an education campaign that contributed to the banning of



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