



## In This Issue

### ARTICLES

[End The Itching: Dealing With Head Lice](#)

[What's In A Name: COP 21](#)

[How To: Reduce Holiday Waste](#)

## Green Events

### CALENDAR

**EHS Dec. Giveaway:** Want to do your part in keeping clean air in Aspen? This December you can join others in taking the anti-idling pledge. Visit the City of Aspen's Environmental Health and Sustainability office at City Hall to sign your pledge and receive a free windshield cover. Learn more [here](#).

**Wed, Dec. 9, 4 - 5:30 pm**  
**Olaf the Winter Elf**  
**ACES Hallam Lake, 100 Puppy Smith Street, 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.



## END THE ITCHING

# Dealing With Head Lice

If you've ever had to treat a case of head lice in your life, then you know that they can be irritating and frustrating. This month ZGreen offers tips for dealing with head lice.

Head lice infestations are unfortunately very common, and people can pick them up while traveling, sharing brushes or helmets, and even through hugging. Though there is still stigma associated with head lice, it is important to stress that head lice is not a hygiene issue. Head lice can infest anybody, but children three to twelve years of age are more prone to infestations because they play closely and share items that come in contact with the head; such as hats, headphones, and combs.

Here are some facts about head lice and tips for treating yourself or your child.

### Head lice facts

Lice **DO NOT** transmit disease.  
Lice do not fly or jump. Transmission occurs through direct contact.  
Head lice can only survive off a human head for 1 or 2 days.  
Head lice cannot live on family pets.

### Treating head lice

Most people go right to the medicated shampoos to treat head

**Thu, Dec. 10, 4 - 5:30 pm**

**Sven the Winter Elf**

**Rock Bottom Ranch, 2001**

**Hooks Spur Road, Basalt**

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

**Tue, Dec. 22, 4 - 7 pm**

**Old Fashioned Caroling and Cookie Exchange**

**Wheeler/Stallard Museum, 620 W. Bleeker St., Aspen**

Join the Aspen Historical Society for caroling and cookies! Bring cookies, eat cookies and take cookies home. The traditional cookie exchange will be paired with holiday caroling in the museum's main room. Caroling from 4-5 pm, followed by cookie exchange. For more information, [click here](#) or call 970.925.3721.

**Wed and Thu, Dec. 23 and 24, 10:30 - 11:30 am**

**Teddy Bear Story Hour with Aspen Historical Society Wheeler/Stallard Museum, 620 W. Bleeker Street, Aspen**

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

**Sat, Dec. 26, 3:30 - 6:30 pm**

**ACES Apres: Holiday Open House**

**Hallam Lake, 100 Puppy Smith St., Aspen**

Celebrate Boxing Day with guided snowshoe tours around the preserve, hot chocolate, mulled cider, beer, wine, and snacks. Watch an early evening air show of waterfowl coming to spend the night at Hallam Lake, and enjoy the

lice; however, physically removing lice is a good treatment option to avoid exposure to toxic chemicals. Hair drying and brushing are very effective at killing lice, but it will only be effective in eradicating if it is done daily until the head lice are gone, which may be up to two weeks. Combing is critical even if you do decide to use an insecticidal shampoo because 20 to 30 percent of lice can still be alive after shampooing.

If you decide to use a louse shampoo, minimize body exposure by washing the infested person's hair in a basin or sink. Remember that even over-the-counter head lice shampoos contain insecticides, which are hazardous. A good alternative is a benzyl alcohol shampoo that is available with a doctor's prescription. Benzyl alcohol is non-neurotoxic and highly effective.

#### **Removal of lice from the household environment**

Once an infestation is detected, you will also need to make sure that your house is free of head lice. They will not live off a human head for longer than two days, but you will want to make sure there are not any lice in your home that could restart the infestation.

Pillowcases, sheets, blankets, and clothes should be washed and placed in the clothes dryer on high heat. Any non-washable items should be sealed in plastic bags and placed in the freezer for ten hours or more (a good option for headphones). Vacuuming your home will remove shed hair that has nits attached. Remember if the lice are off the body for 48 hours, they are all dead, so simply leaving things that cannot be laundered (very large stuffed animals, duvets, furniture etc.) in a bag or off-limits for 48 hours will do the trick.

For more information see the following link: [Tiny yet tremendous critters: Head Lice](#)



WHAT'S IN A NAME:

## **COP 21 a.k.a. the 2015 Paris Climate Conference**

Climate change is one of the most pressing issues of our time, and adequately addressing it will require international level

warmth of a small bonfire, the pleasure of good company and the beautiful setting of Hallam Lake! FREE. To RSVP and get more information, [click here](#) or call 970.927.6760.

**Sun, Jan. 3, 7:30 am - 3 pm  
Audubon Christmas Bird  
Count**

**Begins ACES Hallam Lake,  
100 Puppy Smith St., Aspen**  
Aspen Center for  
Environmental Studies invites  
you to help count birds in the  
Aspen area during the 116th  
[Audubon Christmas Bird Count](#),  
the longest-running citizen  
science survey in the world.  
FREE. To RSVP or to get more  
information, [click here](#) or call  
970.925.5756.

**Dec. - Jan., anytime  
Holiday Lights Recycling  
Drop-Off  
Rio Grande Recycling  
Center, Aspen**

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-Dec. until Mid-Feb.  
Free Christmas Tree  
Recycling**

Only bring 'naked' trees (no  
lights, tinsel, 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



agreements and cooperation amongst nations. Accordingly, a formal international political response was formalized at the 1992 United Nations (UN) Earth Summit in Rio de Janeiro where the 'Rio Convention' included the adoption of the UN Framework Convention on Climate Change (UNFCCC).

This convention is comprised of 195 parties (nations) whose charge is to collectively reduce greenhouse gas emissions to avoid the most catastrophic effects of climate change.

UNFCCC delegates convene annually to check in on implementation at a **Conference of Parties (COP)**, the first of which took place in Berlin in 1995. A number of significant and high-impact meetings have taken place since then including COP3 where the [Kyoto Protocol](#) was adopted.

At COP17 in Durban, the Green Climate Fund was created to help developing nations deploy climate change mitigation and adaptation initiatives. This year COP21 will be held in Paris between November 30 and December 11, 2015.

The COP21 climate talks are expected to be monumental, because they will, for the first time in over 20 years of international climate negotiations, aim to achieve legally binding agreements on climate within the context of keeping global temperatures at or below an increase of 2 degrees C. COP21 is expected to attract close to 50,000 participants including 25,000 official delegates from governments, intergovernmental organizations, UN agencies, NGOs and civil society, making this formative event one of the largest international conferences ever held in France.

Aspen's Mayor Steve Skadron will be representing Aspen at COP21 this year. To visit the official COP21 website for more information, [click here](#).

## HOW TO: Reduce Holiday Waste

The U.S. generates more waste between Thanksgiving and New Year's than at any other time of the year. This results in 25 million extra tons of trash going to American landfills.

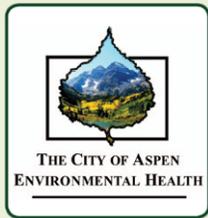
Here are some ways you can reduce the waste in your holidays.



**Reusable.** Bring your own bags while shopping, to-go containers when eating, and wrap presents in fabric or recycled paper.



**Thrift store shopping.** Buy gifts, decorations, and



fabric for wrapping at your local second-hand store.



**Electronic mail.** Send holiday cards, invitations and thank you notes electronically instead of using paper.



**Compost.** Collect food scraps and leftovers and take them to the Pitkin County food waste collection bin at the landfill or subscribe to a SCRAPs collection service.



**Buy less.** Give gifts of time, experiences or charitable donations instead of material goods.



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](mailto:stacy.keating@cityofaspen.com).  
To continue receiving our emails, add us to your address book.

