

ZGreen News TAKING ACTION TODAY ... FOR A GREENER TOMORROW

CITY OF ASPEN · CANARY INITIATIVE · ENVIRONMENTAL HEALTH

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Green Events CALENDAR

June 2 - June 24 ECOArt Exhibition

Red Brick Center for the Arts, Aspen

The second annual ECOArt Exhibition is FREE and open to the public and showcases artwork of Colorado students K-12 and regional professional artists. For more information, [click here](#).

June 3 - June 5 Aspen Eco Fest

Downtown Aspen and the Wheeler Opera House

Aspen Eco Fest is an event designed to reach all people with an interest in alternative choices for everyday living. This year's theme is Blending Lifestyle, Business and the Environment. For more information, [click here](#).

June 8 5 - 7 pm Aspen Green Drinks Aspen Art Museum

You're invited to the next Aspen Green Drinks! Green Drinks are FREE casual gatherings where people who are interested in environmental issues share cocktails and network. Green Drinks is free and there will be free beverages and appetizers. Aspen Green Drinks is sponsored by the ZGreen Program.

For more information call 970.429.1831 or [click here](#).

June 11 9 am - Noon Eco-Gardening Series:

Sunscreen: More Than Meets The Eye



Remember the days when people looked forward to the first suntan or even sunburn of summer? Hopefully that rite of passage is no longer popular given what we now know about sun and skin cancer. Now the question is how to prevent that burn?

Dermatologists recommend using sunscreen labeled **broad spectrum** or **UVA/UVB protection**. Ultraviolet B rays (UVB) are the kind that cause sunburn and skin cancer and Ultraviolet A rays (UVA) cause wrinkles and also contribute to skin cancers. Dermatologists also recommend using a generous application of sunscreen with reapplication every two hours since sweating, rubbing and swimming can wear off most sunscreens, even those that are labeled **water resistant**.

While sunscreen is an important line of defense against ultraviolet radiation, the Environmental Working Group (EWG), a non-profit dedicated to helping protect public health, cautions people from putting on just any old sunscreen. Recent studies have raised concerns about the health risks associated with certain chemicals used in sunscreen, such as retinyl palmitate and oxybenzone. Look for products free of these chemicals until more research has been completed into possible long-term effects in humans.

To view EWG's ratings of more than 1,500 sunscreens based on the toxicity of the ingredients, [click here](#).

Quick Tip: Avoid sunscreens that use a chemical blocker, especially Oxybenzone or Benzophenone-3. Chemicals like these are easily absorbed by the skin, may cause irritation and can lead to cancer, birth defects and hormonal problems. Instead, look for sunscreens that use a physical blocker, like Zinc or Titanium. These minerals are non-toxic and protect from both UVA and UVB radiation.

For more information about non-toxic skin care products stop by Aspen Environmental Health on the 2nd floor of City Hall. Aspen residents can pick up a free sample of non-toxic sunscreen while supplies last.



Compost Pick-up Now Available in Aspen

Did you know 30% of residential waste is compostable and 60-70% of restaurant food waste could be composted? You can start reducing your impact (and saving money) today, because compost pick-up is now available at your home and business.

Home Composting

ACES Rock Bottom Ranch

For more information, [click here](#).

June 18 - Oct 15 Aspen Saturday Market

Downtown Aspen

Buy local every Saturday through mid-October. For more information, [click here](#).

June 27 - June 29 K-12 Solar Suitcases

Solar Energy International, Carbondale

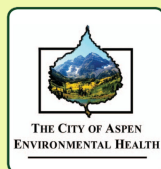
Participants will learn to build a solar suitcase (a 40 watt stand-alone photo-voltaic system) while expanding their ability to confidently teach about sustainability, especially as it relates to solar electricity. For more information, [click here](#).

June 30 - July 3 EMU Festival

Snowmass Village

The festival's mission is to re-invent the traditional music festival tent combining environment, music and outdoor adventure. To access discounts available to ZGreen news subscribers, [click here](#).

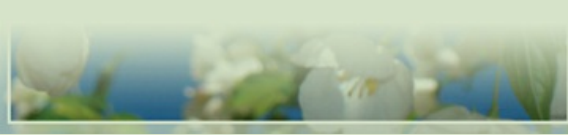
ZGreen PROGRAM LINKS



Fruit, meat, dairy, and vegetable waste can be separated from your trash and picked up by a waste hauler for composting at the Pitkin County Landfill. You can also compost paper waste, like cereal boxes.

In addition to saving the planet and the life of the landfill, composting saves you money. That's because the landfill charges less to process compost than trash and this savings is passed on to customers.

Call the Aspen Environmental Health Department at 970.429.1798 to get started and learn more about what you can compost. Free collection bins are available.



Chemicals and Cancer

ZGreen would like you to know about five chemicals that we use everyday that are linked to cancer and other health problems. Here is a list of where you find them and how to avoid them:

- **Bisphenol A (BPA)** is an organic compound used to make plastic and epoxy resins. It can be found in all types of plastic containers, including water bottles, baby bottles, utensils, food packaging and toys among other places. The Food and Drug Administration (FDA) says studies show BPA may affect the brain, behavior, and prostate gland in fetuses, infants, and young children. Other studies have found it may increase the risk of some cancers and is a risk for human reproduction.

To lower your exposure to BPA, use stainless steel bottles and glass containers. Fresh or frozen foods are better than canned foods and you should never heat food or liquids in plastic containers.

- **Phthalates** are added to plastics to increase their flexibility, transparency and longevity. They can be found in personal care products, food packages, vinyl, pharmaceuticals, glues, building materials, detergents, electronics and lots of other places. They are endocrine disrupters and have been known to cause neurological and reproductive damage as well as liver cancer. Phthalates have been banned in childrens' toys.

If you avoid personal care products that have "fragrance" listed, you can lower your risk, since manufacturers don't have to disclose whether their fragrances contain phthalates. Choose plastics with the recycling code 1, 2 or 5.

- **PFOA or Perfluorooctanoic acid (also called C8)** is a synthetic chemical used in manufacturing and industrial applications. Teflon has trace amounts of it. It is used to make all-weather, breathable clothing and stain and water-repellent products. The EPA says studies indicate it may increase the risk of cancer and developmental disorders.

Avoiding non-stick cookware is one way to reduce exposure as well as researching the chemicals used in the products you buy and avoiding PFOA.

- **Formaldehyde** is used to manufacture building materials and numerous household products. It can be found in plywood, paneling, glues, and other products. These products "off-gas" formaldehyde especially when they are new. It is a known human carcinogen and can also cause burning in the eyes and throat, difficulty breathing and skin rash.

You can reduce your exposure by buying formaldehyde-free furniture and wood products. If you already own them, increasing ventilation lowers levels as emissions decrease over time.

- **Polybrominated diphenyl ethers (PBDEs)** are flame retardants. They are used in, televisions, computers, upholstery and plastics and other products. The EPA states they may cause liver, thyroid and neurodevelopmental toxicity.

Look for products without PBDE flame retardants.

For more resources, [click here](#) to visit the Aspen Environmental Health Department website.

ZGreen Business Spotlight



Aspen Art Museum
970.925.8050

The Aspen Art Museum is a globally preeminent, non-collecting institution that presents the newest, most important evolutions in international contemporary art.

FIVE BIG THINGS that the Aspen Art Museum is doing to be ZGreen:

1. Galleries are maintained at 70° F according to American Association of Museums' guidelines through the use of programmable thermostats with automatically adjusting temperature and humidity controls to increase efficiency.
2. Aspen Art Museum has a company policy to run in-town errands on foot, bicycle or bus
3. Art packaging and supplies are reused, and paper towels, toilet paper, and trash bags are all made from recycled content.
4. The new home of the Aspen Art Museum is being designed with the goal of exceeding current guidelines for environmentally sustainable buildings.
5. Aspen Art Museum is host to many green events including the upcoming June ZGreen Green Drinks event!

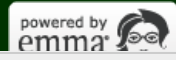
To learn more about what the Aspen Art Museum and other ZGreen businesses are doing, [click here](#).

Canary Initiative - 970.429.1831
Environmental Health Department - 970.920.5039
City of Aspen - 130 S Galena Street - Aspen, CO 81611

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