

THE JOURNAL

INDIANA ENVIRONMENTAL HEALTH ASSOCIATION, INC.

Spring Conference Cancelled



Nashville’s Seasons Lodge Conference Center was to be the spot for the Indiana Environmental Health Association Spring Conference slated for April 16. But conference chair Jennifer Heller had to scuttle those plans as the Coronavirus outbreak continues to wreck havoc on all public events.

The final step came after the Centers for Disease Control and Prevention (CDC), then Indiana’s Governor, issued guidance that all events with groups of over 50 people should be cancelled. The specific strain of virus, COVID-19, is easily spread by person to person contact so keeping a minimal “social distance” of six feet or more is one recommended means to prevent the virus’ spread. It’s difficult to do that in a conference setting.

Those who had made reservations at the Seasons Lodge can call them at 812-988-2284 to request a refund. Refunds will be automatically processed for anyone who had already registered for the conference.

Special points of interest:

- **The COVID-19 threat stopped all public gatherings including Spring Conference.**
- **The CDC and Governor’s guidance required social distancing of six feet.**
- **Fall Conference is still on schedule.**

Conference back to Lawrenceburg

The Doubletree Conference Center in Lawrenceburg is the location chosen by conference chair Holley Rose for the 2020 IEHA Annual Fall Educational Conference.

Holley has promised a wide selection of speakers and activities. Breakout sessions for Food Protection, Terrorism -All Hazardous Preparedness, and Wastewater Management will again be a conference feature. Dates are September 21- 23 with pre events on Sunday.

The conference was held there in 2017.



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From the Ed desk

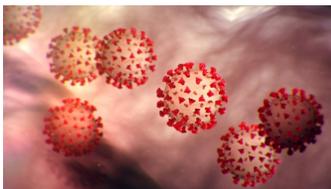
There is a lot to explore in this issue, so I hope you find articles of interest. As we deal with the Coronavirus situation, it might be appropriate to recall the words of someone who saved the planet many times from all sorts of threats, Captain James T. Kirk, U.S. Starship Enterprise.

“You know the greatest danger facing us is ourselves, an irrational fear of the unknown. But there’s no such thing as the unknown—only things temporarily hidden, temporarily not understood.”

Ed

"Most people have a fear of acquiring the virus. I think a good way of doing it is to imagine that you do have the virus and change your behavior so that you're not transmitting it."

Graham Medley,
Director, Centre for
Mathematical Modelling
of Infectious Disease,
University of London



Protecting yourself from Coronavirus

Viruses have been around for awhile, but the newest threat is coming from what’s been identified as COVID-19.

Can it be killed? Yes, says the Centers for Disease Control and Prevention (CDC). First, some things to keep in mind. This virus is not known to be spread via food, but person-to-person meaning closer than six feet distance. Virus particles can be spread from moisture droplets from an infected person spread by coughing or sneezing, or just normal breathing.

Viruses, while needing a living cell to grow, can survive on inert surfaces for hours to days, waiting to be picked up to grow again. This leads us to two ways to protect ourselves. One is to keep some distance from others who may be ill. And two, clean and disinfect what are known as “common touch” surfaces contacted regularly by many people.

Surfaces must be cleaned before they can be sanitized or disinfected. (Disinfecting is a stronger step than Sanitizing.) Molecules of a disinfectant can adhere to soap and organic matter. Disinfectants can not work if stuck to something else.

CDC describes *cleaning* as removing germs, dirt and impurities from surfaces. While cleaning is not intended to kill viruses, it can wash them away. *Disinfecting* is the use of chemicals to kill bacteria and viruses that may remain. Remember, surfaces must be cleaned prior to disinfecting for best results.

Chemicals that will disinfect include bleach using about 1/3 cup added per gallon of water. (Note: this will be way too strong for food contact surfaces, but our goal here is different.) Alcohol can also be effective if the label says it’s at least 70% solution. In all cases, read labels on all chemicals used.

Those common touch surfaces where viruses may reside include door knobs, light switches, remotes, handles, tables, chairs, toilets, seat belts, buttons on appliances, elevators, escalator hand rails, cellphones, etc. Observe others to see what surfaces are touched, then clean and disinfect them.

The best way to prevent the virus spread is complete handwashing with soap and water, and doing it often, especially before eating.

WV members get the “buzz” on honey

Erik Kurdelak is manager of the Purdue Pilot Plant that conducts research in food safety. He described to Wabash Valley Chapter members recently the development of the new Boiler Bee Honey Project that utilizes the honey produced by the nearly quarter of a million bees from Purdue’s Entomology Department into a quality product that can provide support for scholarships.

He said bee hives had been kept outside the campus but that it was suggested that the hives be moved to campus property and the honey be extracted as a learn-

ing project for students.

Erik added that it was important that the project be student-led and it was important that the project do everything right, from what equipment is needed, how to use it, “good manufacturing practices”, safety considerations, proper labeling, and even proper temperature for efficient production.

For example, he said they found that honey flows best at a temperature of between 90° to 100° F. Too cool, and it puts excess stress on the equipment pumping the honey. He added pumps had to be designed to

prevent air being introduced into the honey. He also described how they control bees that get loose in the facility with equipment like a “bee vacuum.”

Because of the seasonality of honey, production will be around two months yearly in September and October. Eric expects that the experience gained the first time will make the process more efficient next year.

The highpoint of the presentation was the honey samples Eric provided to attendees!



Honey produced by the more than 200,000 bees at Purdue is the result of a new honey production program.

“Honey that used to be given away is now a viable student class project.”

House bill would help PFAS cleanup

A bill that would help local communities clean up PFAS by requiring the Pentagon to work with states has passed the U.S. House of Representatives. The PFAS Action Act of 2019, H. R. 535, if enacted, would label perfluorooctanoic acid (PFOA) and perfluorooctanesulfonic acid (PFOS) - key ingredients in fire-fighting foam used by the military - as toxic substances. This means areas contaminated with

these substances could be declared Superfund sights, jump-starting the cleanup process, according to the *Military Times*.

The bill would set maximum allowable drinking water levels for the chemicals and add guidelines for their use by responders. Use of chemical foams have already been restricted by the Pentagon during training exercises.

Because dangers weren’t known until recently, there have been no specific regulations to address safety issues. Millions of people have been exposed over the years. Dr. Graham Peaslee of Notre Dame says the chemicals never break down and stay around forever.

The House bill faces a tough road in the Senate, and the president has promised a veto.



So., SE chapters meet at Spring Mill



Southern and Southeast chapter members met jointly for a social and educational event. The two chapters were once combined.

Members of Southern Chapter and the Southeast Chapter met last December for a joint educational session, and lunch at the Spring Mill State Park. The "reunion" was well attended with 31 attending, 18

from Southern Chapter and 13 from Southeast Chapter.

Speakers included Joana Beck from ISDH discussing the Produce Rule, Clint Studabaker of Brown County (retired) on the "Septic Summit" he coordinated for the County, Bryan Price discussing the Eastern Equine Encephalitis virus, and Lynette Schrowe

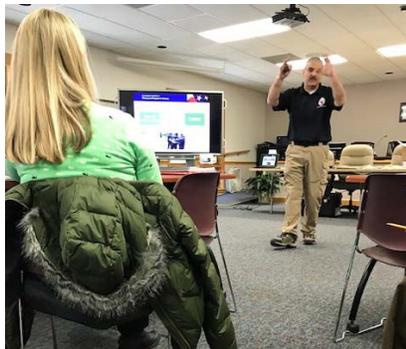
talking on the IDEM Restricted Site GIS Layer.

A buffet lunch was followed by a short talk on the features of the Park presented by the Spring Mill Interpretive Staff. The meeting ended after the Southern Chapter business meeting. This was termed a reunion as the two chapters were once one chapter.

TAHP group hosts NCBRT training

"This class was the latest in a series of trainings being offered by the TAHP sub committee of IEHA."

The Terrorism and All Hazards Preparedness Committee of the Indiana Environmental Health Association sponsored a course at the Brown County Annex Building in Nashville, Indiana last November presented by the National Center on Biomedical Research and Training



One of four instructors stresses a point during recent emergency response training.

Anti-Terrorism Division at Louisiana State University.

This course was taught by four instructors from Montana, Florida, Spokane, Washington and New York with extensive backgrounds in response,

emergency care, law enforcement and public health. Participants were employed in Nursing Homes, Public Health, Emergency Preparedness, EMS, Hospital Security, Law Enforcement and Mental Health facilities. The diversity of the participant's employment roles made for lively and informative facilitated discussions on possible disasters, procedures for mitigation of disaster effects, and the overall necessary response.

TAHP president Jenifer Heller reports the reaction to the course has been overwhelmingly positive. "The interchange of ideas and experiences and the general networking for all

involved was extremely valuable in determining possible steps towards resolution of issues common in disasters," she said.

Attendees spent free time exploring Nashville, and enjoying Brown County's hospitality.

This class was provided by the Center for Domestic Preparedness as a FEMA course and provided at no charge to the participants.

This class was one of a series of courses offered through the TAHP sub committee of IEHA.

(articles on this page contributed by Jennifer Heller)

Trees beat tech in pollution reduction

Trees placed near polluting factories and power plants may be better at reducing that pollution than technological solutions, according to a recent study published in *Environmental Science and Technology*.

The study indicated that natural remedies like planting trees, or other land cover like grass and shrubs, could cut the air

pollution by around 27 percent by absorbing the pollutants including particulate matter and gases. Current pollution control technologies have been shown to be less effective, and actually cost more than natural remedies.

The study's lead author, Bhavik Bakshi, professor of chemical and bio-molecular engineering

at Ohio State University commented, "We need to start looking at nature and learning from it and respecting it", according to a news release. He said it's a "win-win opportunity" that is potentially cheaper and better for the environment. A combination of technical and natural solutions may be most effective.



Slowing the Coronavirus spread

It's never certain that anyone will contract a virus, but those who take some simple precautions are most likely to be spared.

Medical personnel agree that the latest virus threat is spread most likely through droplets

via coughs or sneezes. Washing hands is vital, they say, and avoid touching your face especially around the eyes, spots that allow viruses to enter the body.

Although viruses need a living cell as a host, virus particles can remain via-

ble on non-living surfaces, like money, hand rails, door knobs and table tops for several days, just waiting to be picked up.

Translation - handwashing is vital after touching anything and always before eating.

"Hand sanitizers can have a positive effect reducing viruses if they contain over 60% alcohol, but hand-washing is preferred."

Windows 10 tips you might not know.

Many of us are using computers with Windows 10 as the operating system. Microsoft has embedded some shortcuts that are available, but not publicized.

CNET has presented some you might try.

Have a lot of windows open at once? Want to

focus only on one and minimize the rest? Place your mouse on the top bar of the window you want, click and hold, while "shaking" the mouse a few times. Other windows minimized.

A "secret" start menu can be found by pressing the "windows" key

and "X" at the same time. Try it!

Like to add an event to your calendar? Click on the clock at the lower right. Click on the date you want, then enter time, location, etc. You may have to click on "show agenda" first. Click "save" when done.



What's the longest bridge in the world?



The Qingdao Haiwan Bridge in China is probably the longest bridge spanning more than 26 miles.

That question is not as simple as it seems. What type of bridge? Is it over land or water? Just looking at length, the Qingdao Haiwan Bridge in China covers more than 26 miles over water.

But the Lake Pontchartrain Causeway Bridge in Louisiana is a close second at just under 24 miles.

Longest bridge over land? Again, China with the Dayang-Kunshan Grand Bridge, which is part of a high-

speed rail system. (info from *ZME Science*)



Louisiana's Lake Pontchartrain Causeway is the longest bridge in the U.S. at almost 24 miles.

A hobby that "ran amuck"

"Currently, all growing, production, bottling, and labeling takes place on site, but an expansion is planned."

Northeast chapter members spent the day recently touring the Hartland Winery in Ashley during their meeting hosted by the DeKalb Co. Health Dept.

Brenda Lockhart, co-owner, talked to the group about the general history of the business that opened in May, 2016. She said she and her husband Alan own the facility and personally oversee

all production. She described it as a "small batch, handcrafted" winery that began purely by accident.

She said the adventure started when one of their children gave their father a wine making kit for Christmas. She added that it was "a hobby ran amuck."

Six types of grapes are grown on the four-acre lot which leads to a variety of seasonal wines, some that have won awards.

Members also listened to L.A. Brown, a Wells County contractor with an extensive background in the on-site business. He discussed,

"10 things a contractor wants to tell the health department." He offered tips on topics ranging from proper attire, safety tips, and the importance of good communication between regulators and installers. Members followed up with questions and comments.



Northeast Chapter members listened while owners of the Hartland Winery talk about how the business started.



Brenda Lockhart explains a part of the winery operation to NE chapter members.

Some pools exempt from safety act

The Marion County Public Health Department recently conducted an inspection for a therapy pool at a rehabilitation clinic. The facility was cited for not having an anti-entrapment back up system for a single drain pool. Inspectors found an older email from Mike Mettler, Director of the Environmental Public Health Division at the Indiana State Department of Health, indicating therapy pools at rehabilitation facilities were exempt from the requirements of the Virginia Graeme Baker Pool and Spa Safety Act.

Jason Ravenscroft, Supervisor Pools, Septics and Wells Program said, "I thought I was very familiar with this rule, but you learn something new every day in this line of work". He shared that

the act defines a 'public pool and spa' as one of the following:

"(A) Open to the public generally, whether for a fee or free of charge,

(B) Open exclusively to (i) members of an organization and their guests; (ii) residents of a multi-unit apartment building, apartment complex, residential real estate development, or other multi-family residential area (other than a municipality, township, or other local government jurisdiction); or (iii) patrons of a hotel or other public accommodations facility, or

(C) operated by the Federal Government (or by a concessionaire on behalf of the Federal Government) for the benefit of members of the Armed Forces and their

dependents or employees of any department or agency and their dependents."

Jason said he found the following on the Q&A portion of the Poolsafely.gov website (<https://www.poolsafely.gov/wp-content/uploads/2016/08/Pool-Safely-FAQ.pdf>)



"Q: Are physical therapy pools considered to be public under the Act?

A: It depends. Therapy pools are not specifically defined under section 1404(c)(2) of the Act, but a therapy pool may not be considered a public pool depending on its accessibility to the public generally. (Last Updated: January 30, 2009)"

(Contributed by Jason Ravenscroft)

"Therapy pools may be exempt from the Virginia Graeme Baker Pool and Spa Safety Act."

The most dangerous tree in the world

They grow along coastal areas from Florida and the Caribbean to South America. When Christopher Columbus discovered the trees, he described the fruits as "death apples". The Manchineel tree is described as so toxic that it may not even be safe to

breath the air around it. The Florida Institute of Food and Agricultural Sciences says all parts of the tree are extremely poisonous and since the tree produces a sap that oozes from the tree, it isn't even safe to stand under it when it's raining.

Why not remove the trees? Because they play a vital role in local ecosystems, providing wind breaks, and protection against erosion. Once wood is completely dried, it can be used by carpenters.



Responding to pandemics not new

Concerns about the Coronavirus are growing as new cases of the disease are confirmed around the world. Indiana is not immune from those concerns.



The importance of hand washing was learned in 1918 to stop the flu's spread as these Ft. Harrison workers demonstrate before their day's work. (Indiana Red Cross photo)

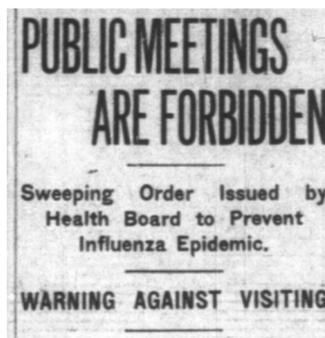
“Avoid crowds until this thing is past. Germs lurk everywhere and float on dust.”

But this is not the first time Indiana has played a role in the spread of a serious virus. In 1918, the *Indianapolis News* reported numerous unidentified cases of illness contracted by servicemen who were otherwise healthy. While first said by officials to be influenza, it was later realized these were cases of the Spanish Flu. Soldiers confined to cramped spaces in barracks and tents, and on troop trains and ships could spread the illness easily. The disease could be spread before symptoms appeared. Cases began to number in the thousands including in Indiana where patients were quarantined at the base hospital at Ft. Benjamin Harrison.

Dr. John Hurty, Indiana's first Board of Health Secretary, contacted local health officials to warn them this flu was “highly contagious” but that quarantine was impractical, reported the *Indianapolis News*. But Dr. Hurty offered this:

“Avoid crowds...until the danger of this thing is past. The germs lurk in crowded street cars, motion picture houses and everywhere there is a crowd. They float on dust, and therefore avoid dust.”

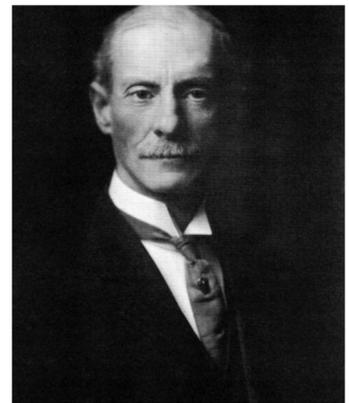
He added, “If all spitting would immediately cease, and if all coughers and sneezers would hold a cloth or handkerchief over their noses and mouths, then influenza from coughs and colds would almost disappear... Don't worry, don't feast, don't hurry, don't fret. Look carefully after elimination. Eat only plain foods. Avoid riotous eating of flesh. Go slow on coffee and tea and avoid alcohol in every form.”



The *Indianapolis News*, October 7, 1918, as attempts to stop the virus increased. (from Hoosier State Chronicles)

Indiana had only reported mild flu cases and no deaths in early September 1918, but by the end

of the month, officials at Ft. Harrison were reporting about “500 cases of a respiratory disease”, but no one specified if this was Spanish flu. But there were reports of



Dr. John Hurty was Indiana's first Secretary of the Board of Health (Health Commissioner today).

soldiers being quarantined, and some enlisted soldiers were being used as nurses, and reports of soldiers dying began to emerge.

Health officials began to take action by canceling public meetings, closing schools and theaters, and asking people not gather at the growing numbers of funerals. As the flu spread, calls went out for nurses especially at Ft. Harrison where it was believed some had died for a lack of trained help. Nurses destined for overseas were redirected back to Indiana.

Plastic cleanup in nation's rivers

Boyan Slat has been taking on the ocean plastic pollution problem since 2011. The 25-year-old Dutch inventor via his organization Ocean Cleanup previously deployed a plastic capture system in the Pacific Ocean to take on the "Great Pacific Ocean Garbage Patch" where much of the over 5 trillion pieces of plastic drifts, affecting ecosystems, the world's health, and economies. By concentrating the plastic, it becomes easier to remove, Slat says.

Slat says the team learned from constant monitoring of the initial ocean system and has now deployed an updated system in the Pacific. One major goal after removing plastic pollution is to make sure marine life is not disturbed.

Now the inventor has developed "The Interceptor" to remove plastic waste from rivers. Slat says there are a 1,000 rivers that contribute a high percentage to the ocean pollution. The Interceptor is anchored and river flow moves waste toward a conveyor belt that picks it up so it can be recycled.

One boat can extract 100,000 pounds a day, is autonomous, and com-



"System 001/B" is shown collecting plastic trash drifting around the "Great Pacific Ocean Garbage Patch." A manned vessel nearby monitors the plastic collected to assure marine life is not affected before plastic trash is retrieved.

pletely solar operated. More information is found at the Ocean Cleanup website.



The "Interceptor" is designed to remove tons of plastic from the nation's rivers. It is 100% solar powered and works autonomously.

"Rivers can contribute to the ocean's plastic pollution. The Interceptor can remove thousands of pounds of plastic waste."

WV chapter again hosts "Foods 101"

As a follow-up to its popular food safety class for inspectors, the Wabash Valley Chapter again offered another edition of its Foods 101 class. Presented to all IEHA members, over 30 attendees from around the state listened as ISDH Food Protection Program

State Trainer Lisa Harrison spoke on issues including the laws that apply to inspectors, asking the right questions during inspections, and conducting a thorough menu review. She said the focus of each inspection should always be on the risk factors that most of-

ten lead to foodborne illnesses.

The class was held at the Tippecanoe Co. Extension Office in Lafayette. Because of the popularity of this class, WV members are considering developing a "Foods 102" in the future.



Southern Chapter tours music center



Andrea Swift Hanlon (left) explains the behind the scenes operations at the Brown County Music Center.

Southern Chapter members recently had the chance to tour the new Brown County Music Center in Nashville. Customer Services Director Andrea Swift Hanlon explained issues

with construction and security with the facility that opened last August. She answered questions from members before leading a tour backstage that included the areas provided for performers.

Prior to the tour, members listened as certified mushroom expert Brian Hunt discussed the mushroom types found

in Indiana and how to identify edible varieties. He stressed caution before eating any unidentified mushroom. Brian used pictures to show mushroom varieties and various features like “gills” and “pores.”

(contributed by Jennifer Heller)

No toilet paper? No problem!

According to the Norwegian University of Science and Technology, those who try to reduce their environmental impact are 11 to 13% happier than those who don't.

Toilet paper didn't always exist. So what did folks do before the Charmin bears were around to tout such products?

The solution of the ancient Greeks was to use stones and clay pieces, but the Romans were a bit more sophisticated by using a long stick with a sponge on the end. Between uses (in the communal bathroom) the sponge/sticks were stored in a bucket of sea (salty) water.

How to use it? Imagine a

marble bench with a suitable hole cut away for, well, you know, plus another hole in the front for applying the sponge on a stick. Job done!

In the late 14th century during the Chinese Song Dynasty, one emperor decreed that 2 by 3 foot paper sheets be created for his “personal” use.

In early America, corn-cobs were the cleaner of choice (It's what they had.), then Colonials realized that old newspapers and catalogs

would work. Ever wonder why the *Old Farmers Alamac* had a hole punched in the corner? Folks could hang it up inside outhouses.

Flush toilets didn't appear until the mid 16th century, and commercial toilet paper wasn't around until over 200 years later. And it was the 20th century before TP makers would say their products were “splinter free”. Still, TP is not used in all cultures. Look up “bidet.” *(Some info from Mental Floss.)*



“To my knowledge, no one has ever died of weeds”. - The late Janette Sherman, MD, physician, professor, toxicologist, author, talking about the health hazards of contaminated water, toxic pesticides, and deadly chemicals.

NCOWP Conference worth considering

Editors's note: Denise H. Wright recently attended the NCOWP conference in North Carolina. She is the Technical Review Coordinator for the Environmental Public Health Division at ISDH, and past IEHA president. Here is her first person account.

Because of an IEHA COPED scholarship, I was able to attend the 35th Annual North Carolina Onsite Water Protection Conference (NCOWP) in Raleigh, North Carolina last fall. The theme for the event was "Simple, Powerful Science". The 2-day agenda for this conference's lectures included many great topics and speakers from Electrical Best Management Practices with John Buchanan, PhD, UT to Movement of Water through Soil with Aziz Amoozegar, NC State University. Day 2 included topics such as Mass Loading with Kevin Davidson, Agri-Waste Technology, Inc. as well as Lateral Flow and Mounding with Jim Beeson, Piedmont Environmental Association. The conference also offered "Hands-on Sessions" for a more in-the-field training opportunity as well as 6 field trip options in various locations around the state.

The Pressure Manifold discussion offered by Jonathan Godfrey, Infiltrator Systems, and Erik Severson, NC State University, was an excellent opportunity to witness the impact on flow rates from various manifold and tap design configurations. This demonstration was very educational and illuminated several key construction elements that must be confirmed with these pressure manifold systems. Pressure Manifold systems have been used in Indiana and this demonstration proved informative.

I was fortunate to attend this conference about 30 years ago with Tim Decker. I remember sitting in the audience of the speakers and being overwhelmed by the delivery of studies including good scientific

method. I was impressed this year to experience the same delivery of sound scientific study and fortunately, a few years of experience have assisted me in digesting the information. I want to strongly suggest attendance to this conference for Indiana regulators. There will be discussions that use terminology which differs from that we use in Indiana; there will be studies which include sites struggling with saprolite, meaning "rotten rock", a term not commonly used in Indiana. However, the learning potential goes well beyond the difference in terminology. This conference provides the opportunity to meet and talk with other attendees, manufacturers and the speakers on a myriad of onsite issues.

I want to extend a sincere thank you to IEHA and the COPED scholarship committee for the financial assistance which made this training opportunity a reality for me. Our COPED scholarships are available to our membership and I want to encourage our members to take advantage of the benefits of being an IEHA member.

Please look at the NCOWP conference agenda for next year and consider adding it to your 2020 training schedule. It's just under 10 hours to drive from Indy to Raleigh. I chose an airbnb lodging option and enjoyed a beautiful stay in lovely Raleigh.



A Pressure Manifold system is demonstrated, as referred to in the article.



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"The Mission of the Indiana Environmental Health Association, Inc. is to promote, preserve and protect environmental public health in the state of Indiana, and to encourage a spirit of cooperation among all environmental health stakeholders while serving its members in the regulatory, industry, and academic communities."

More about IEHA



The Indiana Environmental Health Association, Inc. (IEHA) was founded in 1951 as the Indiana Association of Sanitarians (IAS). There were 16 charter members. The name was officially changed to the

Indiana Environmental Health Association in 1985. IEHA is affiliated with the National Environmental

Health Association (NEHA), and the International Association for Food Protection (IAFP).

IEHA is comprised of eight regional chapters. They are Central, East Central, Northeast, Northwest, Southeastern, Southern, Wabash Valley, and West Central. There are four standing committees, which include Food Protection, General Environmental Health Services, Terrorism And All Hazards Preparedness, and Wastewater.

The operations of IEHA are governed by an Executive Board that meets regularly. The Board and various standing committees are made up of voting and non-voting members. Information plus meeting dates, times and locations for the chapters and standing committees may be found on the IEHA website listed on this page. All meetings are open to any member or guest but only "voting members" may vote or hold an office.