EVANSVILLE HOSTS FALL CONFERENCE

The Old National Events Plaza will be the host site for this year’s Indiana Environmental Health Association Annual Fall Educational Conference. President Elect JoAnn Xiong Mercado chose the site for a combination of factors including the conference center’s ability to host the conference, and the newly built Double Tree Hotel just across the street. The Vanderburgh Co. Health Dept. has provided assistance in the conference planning, and the Evansville Convention and Visitors Bureau has offered assistance with name badges and registration.

The dates are September 24 to 26 with pre-conference events on the preceding Sunday.

“Evansville, Indiana’s third largest city, offers conference-goers many amenities, not the least of which is the brand new Doubletree by Hilton Hotel connected to the conference venue via skybridge,” says conference chair JoAnn Xiong-Mercado.

The Doubletree will offer a special conference rate of $93 per night as long as reserved rooms remain. Only 100 rooms have (Continued on page 3)
FROM THE EDITOR

If you look at the front page under the issue date, you see “Volume 33” which means this says this is the 33rd year the Journal has been published. Many editors have gone before, all with the goal of providing articles that are interesting, informative, and timely. But it can’t be the best document without reader input. You don’t have to be a “writer” but you can share story ideas and highlights, and I take it from there.

Contact info is on the back page, and please note that my email address has changed. Here’s hoping you find something inside that is worthwhile!

Ed

“The IEHA Fall Educational Conference should be on your calendar! Plan to attend and get reservations and registrations done right away.”

FROM THE PRESIDENT’S DESK

Summertime in Indiana brings to mind images of catching fireflies, taking the kids to the swimming pool, and firing up the grill in the backyard. However, for those of us in environmental public health, summertime also brings to mind images of spraying for mosquitoes, dragging for ticks in the woods, checking pools for chlorine, inspecting and repairing failing septic systems, and making sure that delicious food at the Indiana State Fair is safe to eat.

When our industry is working well we are very much unseen; toiling in the background to make sure all those summertime leisure activities do not lead to injury or illness. I’m often asked what I do when I’m not managing a pool program in the summer. My response is usually that I go back to working 8 hour days instead of 10-12 hour days.

I know we don’t get a lot of people telling us thank you. It’s easy to take for granted all the work that goes into making sure we have clean water, proper sewage disposal, safe food, adequate housing, and protection from pests and vectors. So, to all of you out there working in the hot sun this summer,

THANK YOU!

Jason
FALL CONFERENCE (CONTINUED)

(Continued from page 1)

been set aside. Use conference code “IEH” to request that rate.
JoAnn adds, “The hotel and conference center are just a short walk from Main Street, and the downtown Evansville area has all sorts of fun shops and restaurants to check out. There are also two local breweries, a Dream Car Museum, an arcade bar and glow in the dark golf. The Tropicana casino, located on the scenic Ohio River walk, is less than a mile away.”

As in the past, a wide variety of general session speakers are scheduled. Monday and Tuesday afternoons will feature several breakout sessions each focused on food protection, terrorism and all hazards preparedness, and wastewater management issues. The awards banquet will be Monday evening and an outing is planned for Tuesday.

This conference had been recognized as a premier value, costing about half what comparable conferences would charge.

Complete information will be available soon on the IEHA website at <www.iehaind.org>.

REVISED CONSTITUTION, BYLAWS PASSES FIRST READING

IEHA members voted overwhelmingly to pass the newly revised IEHA Constitution and Bylaws at the business meeting held at the recent IEHA Spring Educational Conference.

According to the current Constitution, changes to the Bylaws require one vote whereas changing the Constitution requires two votes. The Bylaw changes go into effect right away, but the Constitution won’t officially change until the second vote to be held during the business meeting at the Annual Fall Educational Conference to be held this September in Evansville.

The revised document will be posted on the IEHA website.

The newly built Doubletree by Hilton will house fall conference attendees. A skywalk connects to the convention site to the Old National Events Plaza.
OUTBREAK LINKED TO INDIANA

The foodborne illness cases that have resulted from cut melon that FDA now says was distributed in 22 states including Indiana and surrounding states keep adding up. The fruit, made up of pre-cut cantaloupe, honeydew melon, watermelon, or a fruit salad mix with melon, is believed to have sickened 70 victims with Salmonella Adelaide in seven states, according to CDC. Caito Foods LLC in Indiana was the supplier, and has initiated a voluntary recall. According to Food Safety News, FDA may add more states to the distribution list as the traceback continues.

Most people with Salmonella develop symptoms as soon as 12 hours or as long as 72 hours, depending upon their immune systems. Symptoms like diarrhea can be severe enough to require hospitalization. So far, no deaths have been reported.

KNIGHTS TEMPLARS LIVED LONGER

The Knights Templar were surrounded by mystery when the religious order thrived in the 13th century, and secrets remain. One thing that is known is that they usually lived twice as long as the normal life expectancy of around 30. History reports that many Knights lived into their 60s or beyond. They were more likely to die in battle than from illness, says Atlas Obscura.

Why? The compulsory diet may have contributed to their life spans. They reportedly lived humble lives despite accumulating much wealth, and took vows of poverty, chastity, and obedience. And they did not talk to women.

Their diets including some days of fasting. But three days a week, they ate meat, with higher ranking knights having roast meat two meals. Fasting days were followed by a day of plentiful food. Other days, Knights ate much less, mainly vegetables and bread, and often had milk, eggs, and cheese. Other days could mean meals of potage (oats) or stews. Fridays meant a Lenten fast - no animal products. They might drink wine, but it was diluted and never “in excess” as it was believed that “wine corrupts the wise.” It was believed they might have mixed a potent cocktail of aloe vera, hemp, and palm wine, which might have sped up healing from injuries sustained in battle.
HEY, LET’S EAT!

“It’s time for breakfast. How about some Honey Smacks?”
“No, sorry, recalled.”
“OK, forget breakfast. Let’s have a romaine lettuce salad.”
“Uh, no, recalled.”
“Well, fruit is good. Maybe some cut melon or cantaloupe?”
“Oooh. Nope, recalled.”
“Maybe a veggie tray?”
“Recalled.”
“Well, can I at least get some raw milk?”
“Ummm...”

“Most of the food safety advice offered to Singapore visitors is the same as would be offered here. The AVA has a good reputation for food safety.”

SAFE FOOD AT THE SUMMIT

When leaders of two countries, the United States and the Democratic Peoples Republic of Korea, met in The Republic of Singapore, they had to eat. But they could feel safe as food safety comes under the authority of the Agri-Food & Veterinary Authority of Singapore (AVA), which has a good reputation for food safety. The AVA must be involved as Singapore imports over 90% of the food consumed. The small country has limited farm land and fishing grounds.

The AVA offers this advice to citizens and visitors alike. “It is important to wash and keep clean to prevent harmful micro-organisms from falling into our food.”

The agency overseeing a city state of just over 5 million population covers food safety from production to retail for primary and processed food, says Food Safety News. It uses a science-based risk analysis and management approach based upon international standards to evaluate food safety.

International leaders could feel safe eating in Singapore as long as they remembered to wash their hands.

AVA’S SUGGESTIONS FOR VISITORS

Buy your food from established and reliable retailers.
Always check expiry dates before buying milk or bread.
Check that cans are not dented, bloated, or rusted.
Check food packages to make sure they aren’t torn, leaking, or opened.
Select frozen food stored below the load line of a freezer or chiller.
Wash fruits before eating and soak vegetables for 15 min. before rinsing to get rid of dirt and pesticide residues.
WV MEMBERS TOUR NEW DISTILLARY

As part of a recent meeting Wabash Valley members saw the workings of a new business, Cell Block 104. The distillery will open on the site of the old Boone Co. Jail. A restaurant and bar are already operating on this site. Members observed where and how spirits like vodka, gin and whiskey will be distilled.

The owners say they would like the public to understand the process of making alcohol, and appreciating the art that goes into its manufacture.

“Naloxone is only beneficial to opioid overdose victims and is not effective on other drugs. There are no ill effects if given when not needed.”

WHAT ARE THE SIGNS OF AN OD?

Common opioids include Oxycodone, Hydrocodone, Codeine, and Morphine.

Overdose symptoms from victims include not responding to shaking or sternum rubs, choking, slow breathing, vomiting. The skin might be pale and clammy, fingertips and lips might be blue, and the pulse might be slow or erratic (on no pulse).

Victims should respond quickly to Narcan, allowing time for first responders to arrive.

Photos at top by Jennifer Asbury

WV MEMBERS GAIN OPIOID AWARENESS

As part of a recent meeting of the Wabash Valley Chapter held at the Boone County Health Department, members received an in-depth look into the opioid crisis and how products like Narcan are used to treat over dose victims.

Public Health nurses, Brandy Franklin and Cindy Murphy shared information with the group about how to recognize possible overdoses situations and conducted an awareness class on the administration of Naloxone (Narcan) nasal spray. Chapter members who wished received a certificate for completing the training, which included practicing on a mannequin. They also were given Lay Responder Naloxone Rescue Kits to take with them.

Members learned that Naloxone is only beneficial to opioid overdose cases, and does not help victims of other drug overdoses, such as methamphetamine. Administering Naloxone when not needed does no harm, so it’s OK to give it when in doubt. And, the nurses advised, always call 911 so EMTs are on their way while you attend to a potential opioid victim. In fact, Indiana law requires those administering Narcan to call 911.

Narcan is given as a nasal spray and can be given more than once, if required.
The Terrorism and All Hazards Preparedness Committee of the Indiana Environmental Health Association recently hosted “Team Approach to Foodborne Outbreak Response” from the National Center on Biomedical Research and Training of Louisiana State University. The two day course was attended by 30 participants from various Health Departments, Indiana University, Indiana State Department of Health, plus other agencies.

Class was divided into 11 modules that included “Foodborne Outbreak and the Burden of Disease”, “Team Dynamics”, “Surveillance and Detection”, Epidemiology, Laboratory and Environmental Health Response, and more. Susan Shiflett, who has a strong laboratory background, was the lead instructor. Heidi Kassenborg who assisted, has a veterinary and emergency preparedness background, and Lisha Constantine-Renna from Tennessee represented the epidemiology section.

The class was based around an imaginary foodborne illness outbreak and each module had exercises that led the investigation further along to determine the food responsible for the outbreak. These exercises included the three “legs” of a Foodborne outbreak investigation: Environmental Health, Epidemiology, and Laboratory. Class participants worked in small groups on exercises for each module, allowing interaction and networking.

At the end of the two day session, a post test was given and all passed. The TAHP committee provided refreshments, coffee and water to participants.
BITE CAN LEAD TO MEAT ALLERGY

A tick bite can lead to all sorts of diseases, but a new concern has been added to the list. A Maryland resident visited her doctor after breaking out in hives after eating a meal with red meat. During the office visit, her doctor got to the question if she had been bitten by a tick. She said she had several weeks earlier while walking her dog. Turns out it was a Lone Star tick.

A blood test revealed a positive reaction to an alpha gal meat allergy. And she was told to avoid all meat and dairy, which ceased the allergic responses. Doctors believe that ticks can infect victims with alpha gal when they bite, something that human bodies don’t make. People can just have a strong immune reaction to it.

“The Lone Star tick has been steadily migrating into the Midwest. Anyone visiting a wooded area should search for and remove any ticks immediately. See a doctor if a bite is suspected.”

SCIENTISTS SAY NEW RECORD SET

A record has been set, and it’s not good. Scientists say the amount of carbon dioxide (CO2) in the Earth’s atmosphere is the highest it has been in 800,000 years. Many sources including Business Insider have reported that the amount of CO2 in the atmosphere had passed 410 parts per million when measured at Mauna Loa Observatory in Hawaii. Scientists agree that this could have devastating consequences for human health.

By drilling more than mile deep into the ice in locations in Greenland and Antarctica, scientists can see how the amount of CO2 in the atmosphere has changed as far back as 800,000 years. For years, scientists agree, CO2 levels ranged between 170 to 280 ppm. But this began to rise rapidly when civilization began to burn fossil fuels in the industrial age. Global temperatures track closely with atmospheric CO2.

In our history, it took about a thousand years for CO2 levels to rise 35 ppm. Now the average increase is more than 2 ppm per year. CO2 levels may have been this high in the past, perhaps 2 million to 4.6 million years ago, when sea levels were as much as 80 feet higher. Or maybe 14 million years ago, when seas were 100 feet higher.

RISE CO2 LINKED TO HEALTH CONCERNS

Breathing air with higher CO2 levels leads to serious human health concerns. More lung cancer and cardiovascular disease are likely, plus more asthma and allergies.

As one scientist put it, humans have never had to breathe air like this.

Rising CO2 leads to heat waves, more extreme weather events and increased diseases spread by ticks and mosquitoes.
WV MEMBERS TOUR OPERA HOUSE

One could almost hear the voices of Indiana poet James Whitcomb Riley or more recently actor Jeff Daniels echoing inside the newly renovated Delphi Opera House in downtown Delphi. The three floor facility originally built in 1865 had fallen into disrepair until a local restoration group secured $4.6 million to renovate the original structure and construct an addition. The improvements were completed in 2015.

Members learned some of the colorful history of the building including the fact that it was called the “town hall” when first built, although it had no government function. Executive Director Sara Daly Brosman explained that the first event in the hall was a ball held on June 16, 1865 for Company B, 86th Indiana Volunteers and other soldiers returning home from the Civil War. In the years that followed, minstrel shows, comedy and dramatic performances, operas and concerts were held. Indiana poet James Whitcomb Riley gave several performances beginning in 1882.

The name was changed to Lathrope & Ruffing Opera House in 1882 and eventually became known as the Delphi Opera House, said Brosman. She added that the building was closed for a time in 1914 by the fire marshal after a fire in a similar building in Lafayette pointed out the critical need for multiple exits in upper level auditoriums. The facility is owned by the Delphi Preservation Society. More information may be found at www.delphioperahouse.org.

COMING BACK TO LIFE

Restoration of the Delphi Opera House was begun in 1994, with crews going through old black and white pictures and studying what had remained of walls and the ceiling to determine colors and materials originally used.

Besides performing groups, the facility is now used for civic group meetings and wedding receptions. Executive Director Sara Daly Brosman says the facility has attracted some nationally famous talent as some performers enjoy the intimate setting the facility provides.
Here are the current IE-HA supporting members. Show them your support in return.

Crisis Cleaning
www.crisiscleaning.com

Don Levy Laboratories

ECC Horizon

Indiana Restaurant & Lodging Association
www.inrla.org

Infiltrator Water Technologies
www.infiltratorwater.com

Meijer
www.meijer.com

SES Environmental
Steri-Clean Northern IN

The Southern Chapter recently toured the White River Hops Farm, owned by Dean Vonderheide and his family. Dean explained hops farming, and that he and his brother decided to start the farm after attending a Purdue Workshop four years ago. At that time, hops farming was just taking off in the US, as much of the hops crop was being imported from Germany. Hops are used to stabilize and add flavor to beer.

They first grew four types of hops to see which were the most productive and financially worthwhile. They settled on the Chinook and Cascade varieties, which seemed best for their soil, sandy loam.

The hops are grown in rows, usually from rhizomes, but sometimes from plants and are spaced about 3 feet apart. They then climb up a coconut fiber rope to about 12 feet high. There is a support lattice overhead of cables anchored by telephone type
poles to hold the vines up. After the vines climb the vertical distance, they start flowering (called the “cones”), then send out arms in either direction and grow even more hops cones. The mature cones are harvested - which requires skill to determine maturity, but in general the outer leaves become papery and brown around the edges. The inner “lumen” of the hops cone turns a deep gold and the scent becomes more intense. The hops cones seem to have a lemony grass scent.

Hops are subject to “downy mildew” which ruins the crops, so measures are taken to prevent it. The rows are planted about 3 feet from each other with a clover grown in between, and weed control is performed at the base of each plant.

Weather is a factor and high winds will cause the vines to smash and damage each other, and plants need enough rain. Hops grown in Indiana have regional differences in flavor due to the mineral absorption by the plants.

Once the hops are harvested by a harvester designed for this purpose, the cones are frozen if not immediately sold. Dean said that some beer makers use local hops so they can promote the “Indiana grown” feature. The farm relies on volunteers to help in some of the processes, like planting and harvesting.

WHY NO MOSQUITOES AT DISNEYWORLD?

Thousands of visitors flock to Walt Disney World in Florida yearly, yet visitors encounter few, if any, mosquitoes. Why? It isn’t “magic,” reports The Sun, UK, but rather a concerted effort to control the disease-carrying pests. Florida, being mostly naturally swamp land, could be prime country for mosquitoes, and the pests are common. But having Disney World guests bitten and possibly contracting a mosquito-borne disease, like Zika, would be unacceptable.

Their mosquito control program utilizes a combination of insecticide spraying, growth regulators, and encouraging natural predators. A park surveillance program includes CO2 traps to catch mosquitoes, and once caught, the bugs are frozen, then analyzed to best determine how to eradicate them.

And they use chickens. These “sentinel” chickens are in coops all over the grounds. Their blood is analyzed regularly for diseases like West Nile virus. Chickens don’t contract the illness, but if it’s found, park employees know where in the park they got it, and can attack the problem area.
IEHA OFFICERS

President: Jason Ravenscroft
President Elect: JoAnn Xiong-Mercado
Vice President: Jammie Bane
Past President: Patty Nocek
Secretary: Kelli Whiting
Treasurer: Gretchen Quirk
Auditors: Tara Renner, Jennifer Warner
Executive Board Secretary: Tami Barrett
Journal Editor / Publisher: Ed Norris
IEHA Plant Food Expert: Herb I. Vore

More about IEHA

The Indiana Environmental Health Association (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.

“The Mission of the Indiana Environmental Health Association 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.”