



Kansas Environmental Health Association

MESSAGE FROM THE PRESIDENT

2014-2015 Exec. Board Officers:

President:

Ann Mayo, RS

indiangrass1@gmail.com

1st Vice President:

Ed Kalas, RS

EdKalas@snco.us

2nd Vice President:

Marilyn Eccles, RS

cchdenv@coffeycountyks.org

Secretary:

Lisa Davies, RS

ldavies@gcphd.org

Treasurer:

Beth Rowlands

browlands@kdheks.gov

Past President:

Bronson Farmer, RS

farmerduo@hotmail.com

At Large Member:

Jerry McNamer, RS

bacolepp@sctelcom.net

Environmental Chair:

Guy Crabill, RS

GCrabill@franklincoks.org

Food Section Chair:

Shawn Esterl

Shawn.esterl@sschd.org



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Ann Mayo, MS, RS



Dear KEHA Members,

The end of summer is at hand and I hope yours has been happy and safe.

Shared Administrative Management

The Executive Board truly appreciated the support of the Kansas Health Foundation and the time and effort on the part of the Kansas Association of Local Health Departments in attempting to determine areas in which the Kansas Environmental Health Association could share administrative responsibilities. After much discussion, it was determined that there are few areas in which we can share administrative duties. However, the door has been left open for future opportunities to work together.

Workforce Development for Environmental Public Health

An application has been submitted to the Kansas Health Foundation, Workforce Development Workgroup with the intention to support the KEHA Fall Educational Conference with a \$5000 grant. The grant could be used to provide attendee scholarships and/or pay speaker honorariums. Scholarships for travel and lodging would be available on a first come first serve basis. Reimbursement would require the completion of an electronic evaluation after the conference. We are very hopeful that our application will be accepted.

By-Laws

The Board has completed the review of and made recommended changes to the organization's by-laws. You will receive a draft of these changes by email at least a month before the Fall Educational Conference. Proposed changes will be brought before the membership before a vote is taken to adopt them.

Fall Educational Conference

Electronic conference agenda, time-line, and responsibility templates have been completed to assist future Board members with assignments and to ease meeting preparations.

Thanks to Tonya Richards for her assistance in the development of new nominations forms.

Thanks also to Jennifer Skiles, who did a great deal of work in updating the scholarship awards process and to her committee who has selected the scholarship winners which will be announced at our Fall Conference. (Continued on Page 2)

MARK YOUR CALENDARS!! 2015 FALL KEHA CONFERENCE PLANNED

Wednesday, September 30th

Ramada Topeka Downtown Hotel

to Friday, October 2, 2015

and Convention Center

420 E. 6th Street, Topeka, KS 66607



(Continued from Page 1)

St. Vitus' Dance — Chorea (pron. Koh-ree-uh), associated with rheumatic fever and usually affecting children, this is any of several diseases of the nervous system characterized by jerky, involuntary movements, chiefly of the face and extremities.

KEHA Lands National Speakers for Fall Conference

The Kansas Environmental Health Association board of directors announces that Dr. Davis Dyjack, Executive Director of NEHA and Dr. Michael Bisesi, Dean of Ohio State University School of Environmental Health Services are confirmed as speakers for the 2015 KEHA Fall Conference.

“David’s background in both environmental health and association management are an ideal fit for KEHA’s keynote address. We are extremely excited about David joining us as we chart a course to further advance and elevate the environmental health arena both nationally and here in Kansas” said KEHA Board President Ann Mayo.

Dr. Dyjack will present an open discussion on “National improvements in environmental health services as they meet community needs for the future.

Dyjack’s 30 year career includes expertise in environmental health, emergency preparedness and response, public health informatics, infectious disease, workforce development, governmental infrastructure, maternal and child health, health equity and chronic disease. A board certified hygienist, Dyjack also has a advanced degree in public health with a doctorate from the University of Michigan and a masters degree from the University of Utah.



Michael S. Bisesi, Ph.D., C.I.H., R.E.H.S. Associate Dean of Academic Affairs and Associate Dean of the Center for Public Health Practice; Interim Chair of Environmental Health Services at Ohio State University, Columbus, OH. Mr. Bisesi is an environmental and occupational health scientist. He has authored/co-authored many scientific articles and chapters, including the Occupational Environment and co-author/editor of The Environmental Handbook by Herman Koran.

Dr. Bisesi comes to Kansas as a representative of the Great Lakes Public Health Training Center, Chicago where he is the principal HRSA Grant writer for environmental health training. Michael’s Friday morning session will be a comprehensive instruction on “Environmental Health Program Planning, The Process for the Future.”

Look for the fall conference registration in this newsletter and register today. With the Kansas Health Foundation scholarship and great speaker lineup, this could be one of the best KEHA Conferences ever.



KEHA FALL CONFERENCE SILENT AUCTION

Guess what! It’s that time of year again to clean out your drawers, closets, find those hidden treasures that you just don’t know what to do with and bring them to the KEHA Fall Conference Silent Auction. We have always had a good selection of items that have been new, home-made, re-gifted and others that were found in shall we say “unusual locations” and brought in to the auction. The KEHA organization appreciated everyone who has donated something and all of the proceeds go to support the Bill Spaniol Scholarship Fund.

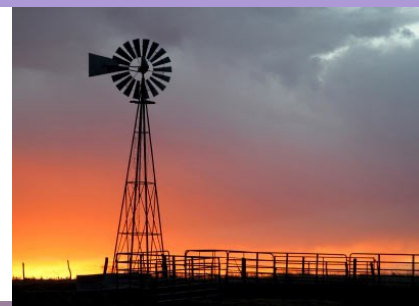
Thank you for your support!

Keena Privat, Silent Auction Chair

2015 KEHA Fall Conference Program & To Register

Go To:

<http://ks.train.org>



“Solid Waste Corner” – Article submitted by Beth Rowlands (ramblings of a solid waste inspector)

As many of you know my job duties with KDHE have switched from focusing on Onsite Wastewater issues to Compliance and Enforcement of Solid Waste Regulations. My new position requires me to investigate complaints and inspect permitted solid waste facilities including: Municipal Solid Waste Landfills and Transfer Stations, Industrial Landfills, Construction/ Demolition Landfills, Solid Waste Processing Facilities, Compost Sites, Waste Tire Collection and Processing Facilities, and Household Hazardous Waste Collection Centers. In this first edition of the “Solid Waste Corner” I thought I would share some of my initial observations of this program. I’ll try to touch on insights to various issues with all types of facilities in future editions.

News Flash! Municipal Solid Waste Landfills Smell!

Sure, I think seepage haulers might have a slight advantage in attaining the title of world’s most smelliest job but let me tell you, working on the active face of a landfill is no picnic. *Well, actually it is a picnic for various species of birds.* This got me thinking about the waste that is decomposing and generating that smell. It’s organic! We have uses for the product of organic decomposition! Which led me to one of the topics for this issue - Composting.



More than 72 percent of all materials entering landfills can be diverted through composting. An increasing number of communities, businesses, institutions, and individuals are expected to turn to composting to divert materials from landfills and to lower waste management costs.

Oregon and Washington are developing laws that will require all businesses to compost all of their organic waste including food waste.

A recent statement released by the US Composting Council the US has added more than 200 communities collecting or diverting food scraps from their waste streams in the past year.

Pre-Consumer vs. Post-Consumer Food Waste

Pre-consumer food waste is the easiest to compost. It is simply the preparatory food refuse and diminished quality bulk, raw material food that is never seen by the consumer. This food waste is generally already separated from the rest of the waste stream generated, thus no change is needed to keep contaminants out of the future compost. Post consumer food waste is more challenging because of separation issues. It is simply the table scrap food refuse. Often, after the consumer is done with the food, the waste is subject to contaminants and a decision has to be made on how to separate food from other waste. This can be done by having an extra trashcan that is only used for food waste. Either the kitchen staff or the consumer can separate it depending on the feasibility, volume, labor, atmosphere, and attitude of the business or institution. For some operations it may be incorporated as an educational tool or method of demonstrating the company’s proactive environmental policy.

Curbside food recycling or industrial food recycling

In some communities, residents can now recycle food scraps and food soiled paper in their curbside yard waste bin. Nearly 30% of what we throw away in our garbage is recyclable food scraps and food soiled paper – and the average single-family household throws away about 48 pounds of food scraps and food-soiled paper every month. Vegetable and fruit trimmings, meats, fish and poultry scraps and bones, plate scrapings, egg shells, coffee grounds, paper towels and napkins—even greasy pizza delivery boxes—all can be recycled in your curbside yard waste cart.



Another startling observation was the amount of windblown debris surrounding landfills; primarily in the form of plastic bags. Why are we still using these? Sure, they’re convenient but who hasn’t seen those tear provoking commercials and documentations on where all that plastic ends up in the environment and its effect on wildlife. Not to mention the negative effects on humans. I can get in a cranky mood just by looking at that plastic bag at the very, very, very, tippy top of that tree in my yard. It has been there for over 3 years! And if by chance I can’t see it, it lets me know it is there by the constant swishing noise. All this got me thinking about reusable grocery bags. Which led me to track down the following tips on reusable grocery bags from various sources:

At home - Frequently wash your grocery tote. According to a 2011 survey from the Home Food Safety program, only 15 percent of Americans regularly wash their bags, creating a breeding zone for harmful bacteria. Unwashed grocery bags are lingering with bacteria which can easily contaminate your foods. Wash reusable bags either in the washing machine or by hand with hot, soapy water; sturdy plastic bags may also be wiped down by hand with a dilute bleach solution; 1 teaspoon bleach per quart of water. Clean all areas where you place your totes, such as the kitchen counter. Store totes in a clean, dry location; and avoid leaving them in the trunk of the car.



At the store

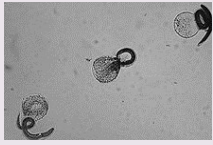
Consider a **color-coded system** to keep ready-to-eat foods like bakery and fresh produce and meats separate. Designate certain bags to carry only fresh meats, others to carry produce and still others to carry non-food items. **When selecting meat, poultry, or fish, opt for clean plastic bags**, not reusable ones to prevent the juices from contaminating reusable grocery bags. To make transport easier, you can put the bagged meats into a reusable bag, but separate meats from other items. **Fresh produce should be placed in clear plastic bags** provided at the store. This also helps prevent cross-contamination and makes storage easier once home. Separate produce from other items for the ride home.

The average American family takes home almost 1,500 plastic shopping bags a year (that’s more than 14 billion plastic bags each year). When you simply have to use a disposable plastic bag tie your plastic bag into a large, dense knot before tossing it in the garbage. This simple action reduces the number of bags sent airborne by the wind, which inevitably litter our roads and waterways (or Beth’s yard!).



NEHA Conference Highlights by Ann Mayo, MS, RS

The following is a brief paraphrased overview of a couple of the educational seminars I attended at NEHA. The original author is listed by the title.



Baylisascaris procyonis: An Environmental Threat to Children presented by Dr. G. McCommon, DVM

This roundworm is of interest because it infects humans. Young children are at a special risk because of their tendency to eat soil. After ingestion of eggs the roundworm can migrate to the brain, eyes, liver, heart and lungs in humans. Symptoms include: abdominal pain, balance issues, coordination problems, blindness and it can result in death. It is highly difficult to diagnose. This condition it thought to be underreported.

Treatment is with the larvicide of choice, Albendazole. This larvicide has been associated with problems in humans. Corticosteroids have been used to reduce inflammation and organ damage.

The definitive host of this roundworm is the raccoon. Other animals including humans, small mammals and birds are considered parententic hosts. That is, the host only harbors the worm for a short period in which a particular developmental stage is completed. Dogs can spread the worm but dogs on heartworm medicine should not be of concern. The worm can remain infective in feces from 6 months to 1 year.

Raccoons use latrines and water to defecate. Clean-up and pool disinfection can be a health hazard for those conducting maintenance. Use caution in cleaning up. Wear protective clothing. Keep pets and children away from raccoon feces.

For more information refer to: <http://www.cdc.gov/parasites/baylisascaris/index/html> and <http://www.cdc.gov/healthywater/swimming/pools/animals/raccoons-and-pools.html>.

Chikungunya Ravages the Americas presented by Henroy Scarlett, DrPH, MPH, BHS (Hons)

Chikungunya is a viral disease spread by mosquitoes. It is associated with a great deal of pain in the joints but has a very low mortality. Over the last several years it has become very prevalent in the Caribbean. Jamaica learned a hard lesson regarding Chikungunya. They assumed because mortality is low with this disease that it was not a major health issue. Morbidity in the form of joint pain, fever, and rash went on for weeks in those affected. Some symptoms lasted for months. The pain was so bad for some that they had difficulty walking. The disease was likely under-reported. The disease created noticeable economic impact due to the time spent away from work. It is a lesson for other countries that a disease that has a low death rate can still cause crippling disease and economic loss. Do not underestimate the effect of Chikungunya. The speaker and his whole family had the disease. At the end of his presentation he said "You do not want this disease. Believe me, you do not want to get this disease."



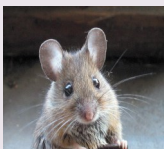
Find more information at: <http://www.cdc.gov/chikungunya/geo/united-states-2015.html>

NOTE:In 2015 in the USA, all 234 cases reported in 37 states have been travel associated. There have been 7 cases reported in KS.

Cats Control Mice with their Urine: The Ultimate in Chemical Warfare Paraphrased from an article by Victoria Gill BBC News

When young mice are exposed to cat urine, as the mice grow older they will be less likely to avoid the scent of cats. This finding was presented this year at the Society for Experimental Biology's annual meeting.

Researchers from the AN Severtov Institute of Ecology and Evolution in Moscow had previously discovered a compound called felinine. The mouse's brain reacts to the scent and initiates an increase in secretion of stress hormones. Pregnant mice exposed to this compound are induced to abort the pregnancy.



The new study discovered that when baby mice were exposed to the compound during a specific period of their growth, as adults they would react differently to the odor. As they aged, they were much less likely to avoid the

Significant Nexus? Thoughts on Redefining “Waters of the United States”

By Guy Grabill, RS

Franklin County, KS Environmental Health Dept.

Recently, the Franklin County Department of Planning and Zoning received from the National Association of Counties, a copy of **Definition of “Waters of the United States” Under the Clean Water Act Summary of Final Regulation by EPA and Corps** (Army Corps of Engineers). This definition went into effect in June of 2015. The definition of “Waters of the United States” has been fraught with controversy in the years preceding the adoption. Resistance to the redefinition by a variety of stakeholders has been ongoing prior to adoption and will continue in coming years.

While potential groundwater contamination and protection of groundwater are included in the “Safe Drinking Water Act”, “Resources and Conservation Act” and the Superfund Act, Sanitarians and Environmental Health Specialists who deal with water quality issues also have a stake in understanding the “Clean Water Act” and should be aware of the current definition of “Waters of the United States”.

Resistance to the new definition has not only been with agricultural and commercial interests but also local and county governments. This arises from the concern from the fear that counties that own facilities and/or infrastructure near regional water features may be required to obtain a federal permit to initiate projects in the newly defined waters.

While this brief commentary cannot address all concerns expressed by stakeholders, we should be aware of certain issues. The Congressional Research Service document “EPA and the Army Corp’s Proposed Rule” to Define “Waters of the United States” March 30, 2015 is a good starting point. A critical concept to take away from this document is the term **Significant Nexus**. Significant nexus is not a scientific term but rather a determination by EPA and the Corps in light of the law and science of “some measure of significance of the connection of downstream water quality”.

The congressional Research Service document states under Exclusions and Definitions that “Waste treatment systems, including treatment ponds or lagoons that are designed to meet CWA requirements (no change from current rules). According the interpretation by the National Association of Counties “Under the final rule, only those waste treatment systems designed to meet CWA requirements would be exempt but for wastewater treatment systems that were built to address non-CWA compliance issues, it is uncertain whether these systems would be exempt”. To those of our membership who hold Wastewater Operator Licensure, this may be a point of further inquiry.

For those of us who design, inspect and issue on-site wastewater permits for on-site wastewater systems a further consideration could be the location of those systems. While Bulletin 4-2 forbids the location of septic tanks within the 100 year flood plain, many counties continue to allow lateral lines to be installed in the 100 year flood plain. Franklin County does not allow placement of any portion of an on-site wastewater system within the 100 flood plain with the exception of wastewater lagoons that must be built a minimum of 1 (one) foot above the base plain elevation. The 100 year floodplain is established by the Federal Emergency Management Agency (FEMA). Under the new definition of “Waters of the United States, the term tributaries is included.

The regulatory term “Other Waters” refers to wetlands and non-wetland that do not fall into the category of waters susceptible to interstate commerce. “Headwaters”, which constitute most “other waters”, supply most of the water to downstream traditional navigable waters. “Other waters” would appear not to fall under the jurisdiction of the “Waters of the United States”. However, under the final rule the terms “tributary and tributaries”, each mean waters that contribute flow, either directly or through water (including impoundment) identified as navigable waters, interstate waters and/or territorial seas that is characterized by the presence of the physical indicators of a bed and banks and an ordinary high water mark. These physical indicators demonstrated there are volume, frequency, and duration of flow sufficient to create a bed and banks and an ordinary high-water mark, and thus qualify as a tributary.”

This definition indicates that a tributary can be perennial, intermittent or ephemeral.

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Significant Nexus? Thoughts on the Redefining “Waters of the United States” by Guy Grabill

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Jurisdiction within the 100 year floodplain may become an issue for sanitarians when considering construction within this floodplain. Rather than assuming that the FEMA location of the 100 year floodplain is consistent with the EPA and Corps definitions, the final rule states “For waters determined to have a *significant nexus*, the entire water is “water of the U.S. ” if a portion is located within the 100 year floodplain or of navigable or interstate waters or territorial seas of within 4,000 feet of the high tide line or ordinary high water mark.

The Congressional Research document comments “the term floodplain is used to help identify waters, including wetlands, that may be adjacent and therefore be “waters of the United States” under the proposed rule. No uplands located in a floodplain can ever be “waters of the United States.” However, the same document comments that terms such as “upland”, “gullies”, and “rills” are not defined and need to be clarified.

The National Association of Counties notes:

- “Not all areas of the country have 100-year floodplain maps.”
- “In some parts of the country, the 100-year floodplain maps have not been updated nor are available.”
- “The 100-year flood maps are constantly changing, and the process to revise can be challenging.”
- “This definition may impact jurisdictional storm water and wastewater recycling features built in wet areas, such as constructed wetlands and grassy and vegetated swales.”
- “The term *high water mark* is ambiguous and applied inconsistently in the field. Many of the ordinary high water mark physical indicators can occur whenever land may have water flowing across it, *regardless of flow or duration*.”

While the possibility of a KEHA member running afoul of the current definition of “Waters of the United States” may be remote, it would be wise to become more conversant with this definition and to follow the progress of ongoing judicial interpretation of same.



Article from Public Health Connections August 2015 Volume 15, Issue 9

Shirley Retiring From State Service

by Mindee Reece, Administrator, Division of Public Health
Director, Bureau of Community Health Systems, KDHE



Jane Shirley, Director for the Local Public Health and Population Health Programs at the Kansas Department of Health and Environment (KDHE) has accepted a wonderful career opportunity as the Disease Wellness Nurse/Employer Group Clinical Coordinator with Blue Cross and Blue Shield of Kansas. She has been a tremendous asset to the Kansas public health system at the local and state levels, and will leave big shoes to fill. Jane is actually beginning her new role as she winds down her current role at KDHE, and will retire from state service in mid-September. It’s only through fate that retirement and a new job coincided, as in her perspective she’s just moving on to a different job. Jane’s last day in the office will be August 31. Please join me in thanking Jane for all she’s done for the bureau and agency, and congratulating her on this exciting new career adventure.

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Something to cheer up the Engineer in you. Just to put you in the picture and keep you up to date with the latest developments. Above is a link to a short video of a Pakistani pile driving construction technique.

Now let’s analyze the engineering here: 6 men x 180 lbs.= 1080 lbs. static force. Jumping up and down will create 3 times dynamic effect= 3240 lbs./jump= 1.6 ton thumps if the pile is tapered to 2 in x 2 in, cross section at the tip = 4 sq. in. So, dynamic pressure/thump at pile tip = 3240/4 = 800 psi. “Add a man” feature will increase to 950 psi, so buy the option. Increase the chant and dynamic force goes up 5 time to bring max. pressure/thump to 1600 psi for a 7 man team. The foreman is the guy with the tambourine.

WHY PUBLIC HEALTH MATTERS—Upcoming Regional Workshops by Dennis Kriesel, Ks. Assoc. of Counties*(Article from Public Health Connections—August 2015 Volume 15, Issue 8)*

One of the core functions of government is the operation and preservation of a public health system. In Kansas, significant responsibility in providing this service rests at the county level. As part of its significant efforts to support the public health system, the Kansas Health Foundation has provided funding for several regional workshops. The topic chosen, Why Public Health Matters: Disease Surveillance, is both timely (as shown by the recent national outbreak of measles and the earlier concern about a potential Ebola pandemic) and mandatory (there are statutory requirements on county governments to provide for disease surveillance).

Four workshops will be held around the state. Their purpose is to bring together county commissioners, local health department administrators and other stakeholders to outline a course of action that will contribute to an efficient and effective public health system in the counties. Registration is required, but there is no cost to attend and dinner will be provided. Sessions begin at 3p.m. and end at 7p.m. To register call KAC at (785) 272-2585.

Dates, Locations : August 19—Emporia State University—Memorial Union, Emporia, September 2, Clarion Hotel, Garden City, September 3, Ramada, Hutchinson, and September 9, Hilton Garden Inn, Manhattan.

HOT MESS: The Grossest Health Concerns of Summer By Carina Storrs, CNN.com

(These excerpts were taken from Storrs CNN internet story dated July 2, 2015)

Don't pee (or poop) in the pool

The burn you feel in your eyes after a dip in the swimming pool is not because of chlorine. It is because pee, poop and sweat from fellow swimmers (and maybe you) react with chlorine and form chloramine compounds, and this combination is what really stings your peepers. Aside from the gross factor, the formation of these compounds means there is less chlorine left in the water to kill bacteria, such as E. coli. Chloramines can also irritate the airways, and when they build up in the air, such as at indoor pools, they can trigger asthma attacks.

“We recommend that you not pee or poop in the water and shower before you go in,” said Michele Hiavsa, chief of the Health Swimming Program at the Centers for Disease Control and Prevention. A 2010 CDC report found that one out of 10 public pools don't have proper chlorine levels. To make sure you're not about to take a dip in a bacteria-laden pool, “you can see pool test strips at a pool supply or big box store” to check the chlorine level, Hiavsa said. (The CDC recommends chlorine levels in pools between 1 and 3 parts per million and pH of 7.2 to 7.8.)

Even at the right levels, chlorine does not wipe out everything. A new CDC report found that a parasite called cryptosporidium, which can cause diarrhea and lives up to 10 days in a chlorinated pool, was associated with 37 (54%) of the 60 outbreaks of illness at pools and water parks. “To protect yourself, it's about you swallowing the water you swim in, and to protect others don't swim if you have diarrhea.

Grossness flourishes in air conditioning filters

When air conditioners are working around the clock in hot summer months, dust, mold and pollution from outdoor air (in the case of central AC) or indoor air (in the case of a window unit) tend to build up on the filter of AC units. Not only does this slash the air conditioner's efficiency, it can also carry health risks, said Abby Brokaw, director of the American Lung Association of the Upper Midwest Health House program.

“People who are already having problems with breathing or lung health—so people with allergies or respiratory disease – are going to be affected” if the filter is not properly removing dust, mold, dander and other debris, Brokaw said.

To keep your filter in tiptop shape, clean or replace it every three months, Brokaw advised. But take precaution when you do. Mold and bacteria love to grow on filters, especially in the summer humidity.

You don't want to breathe in mold spores and bacteria. We would recommend that you wear gloves and a mask,” Brokaw said, referring to surgical masks old in drugstores.

Article submitted from Ann D'Alfonso from KDHE— BOW



The Environmental Protection Agency's (EPA) Septic Smart week is September 21-25, 2015. During this week, a nation-wide public education initiative is aimed at informing home owners living on properties serviced by septic systems about the importance of properly

maintaining their septic system. Also, it aims to provide valuable resources to help homeowners make important decisions regarding their wastewater management needs. The initiative provides resources for local counties and local governments who would like to promote this message locally, including educational materials, research, and ideas for local events. I would encourage everyone to visit EPA's Septic Smart website (link provided below) to learn more about Septic Smart Week and available outreach tools. Look for the following KDHE communications in honor of Septic Smart Week:



- KDHE will be sending each Kansas County or Local Environmental Protection Group (LEPG), promotional packages the first and second week of September. These packages will include copies of the Septic Smart Door Hanger and the Septic Smart Long Homeowner's Guide (Please see EPA's website for examples). Septic Smart Week promotional materials can be utilized throughout the year.
- KDHE will be Septic Smart banners on the KDHE main webpage and LEPP webpage the week of September 21-25, 2015. Information about Septic Smart Week will also be posted on the KDHE Facebook page and KDHE blog site (link found on KDHE homepage). We encourage local governments, counties and LEPP's that have websites to also post information to their webpages. Septic Smart Week graphics and information can be found on the EPA website below.
- A KDHE press release will be sent to local news organizations, informing them about t Septic Smart Week with links to the KDHE website.

www.epa.gov/septicSMART

**If you have questions or would like to discuss ideas for your county don't hesitate to call:*

Ann D'Alfonso—KDHE Bureau of Water, LEPP Program Manager

(785) 296-3015 adalfonso@kdheks.gov

MARK YOUR CALENDARS!!!

2016 Annual Kansas Small Flows Association Conference

√ Prairie Band Resorts & Conference Center, Mayetta, KS

February 10, 11 & 12, 2016

&

√ KSFA Soils Workshop

October 19th & 20th, 2015 in Hays, KS

To register or the soils workshop, please call **Charlene Weiss at (913) 594-1472**

If you want to become a member of Ks. Small Flows Association, call Charlene Weiss.

For your awareness and entertainment, please enjoy this article submitted by Sharon Spade, Museum Director at Allen, KS

Charlotte Newton Brown Graham, 1812–1885

Born in Vermont, Charlotte and her first husband had nine children before they moved West by ox-drawn wagon to settle in Kansas Territory near Topeka in 1857. Their youngest child was about six years old. After her husband died in the early 1860's, Charlotte ran an inn for travelers on the Santa Fe Trail, several miles east of Old Allen in Lyon Co.

The 1865 Kansas State Census shows farmer James and wife Charlotte Graham, with a Topeka post office address; they married in 1865. When Charlotte wrote this daily diary in 1867, they were living near the Burlingame Trail/Road at Duck Creek (WNW of Reading), again running an inn at their home for travelers. Her husband died in 1875, and she moved to Osage City in 1877.

Following are excerpts from the diary

4/15 -- Washing day, ordered shrubbery and was delivered today, hedge, blackberry and wintergreen.

4/21 -- (*Easter Sunday*) Cloudy, all went to class meeting at 11am., afternoon visit with relatives.

4/22 -- A half breed on trail stopped for the night said the Indians about to rise against the tribe rather than being run through (*off?*) their land.

4/23 -- Plowing west garden grasshoppers appeared by the millions some residents despairing of crop this year.

4/24 -- Heavy earthquake made us look above and below and around, two o'clock.

4/27 -- Walked to neighbors house to visit, learned how to braid four strands of straw, made husband a straw hat.

4/2 -- Wind blowing so no washing, braided hat straw. Went fishing, caught one. Got stuck in mud and struggled to get up, daughter nearly laughed her self sick watching.

4/30 -- Digging trees and raspberry bushes to plant in farm yard, daughter washed, baked bread and went to the (*Post*) office after dinner.

5/3 -- Wind too strong to plant sugar cane, sewed and braided a hat, helped mark and number the Sabbath school library.

5/4 -- Freezing rain, grasshoppers growing in size and numbers, finished planting, high prices flour \$9 per hundred (*pounds*).

5/14 -- Daughter Mary sent to come at 11pm, found her suffering all night with no relief.

5/15 -- 6am daughter had fine son 8.5 pounds. (*Charlotte was a midwife.*)

5/26 -- Creeks flooded.

6/20 -- Hard rain, husband cannot plow corn.

6/28 -- Went gooseberrying and got eight quarts, returned found hogs had eaten six chickens. (*This happened also on two other occasions.*)

7/3 -- Sewing to prepare for the fourth and baking, husband hoeing sugar cane.

7/4 -- Friends and relatives visited, and women finished a quilt for daughter.

7/20 -- "It is better to wear out than rust out." Men harvesting, went to G. Lewis to buy wool.

8/9 -- Funeral of neighbors child, sat with another neighbor whose child was dying.

8/10 -- Preparing for burial of child, men gone to get minister and sexton.

8/11 -- No meeting to go to, took supper and watermelons to grieving neighbor.

8/27 -- A woman is expected to speak on womens rights but does not come.

8/29 -- Picking corn and plums to preserve, making corn starch.

9/6 -- Washing and cooking, men haying, gather in dry peas and beans for seed.

9/10 -- Men plow to plant winter wheat. Making a coat for neighbor man.

9/20 -- "Shower of grasshoppers" Drinking bitter tea to cure tiredness.

9/23 -- Plumming and graping, baked pig for dinner.

9/24 -- Grasshoppers fill the air, trying to keep grasshoppers out of the garden cabbage.

9/26 -- For amusement experimenting with sorghum molasses.

9/28 -- Neighbor man has "Closed his earthly career"

10/5 -- Having chills and fever but quinine stopped it, very sickly all over Kansas.

10/7 -- Attended funeral of neighbor lady hired a man to dig potatoes and clean well.

10/9 -- Thankful for rainwater for washing, well is dry.

10/12 -- Preparing for winter, dyed a wedding dress black for neighbor lady.

10/18 -- Cane seed is off all but two stacks.

10/23 -- Daughter returned from the office with a paper says a man was murdered at Onion Creek (*next county*) yesterday by a young man.

10/24--Needing rain, washed only once in only two months.

10/29--A few snowflakes, helped family butcher a hog, we take half until we butcher.

11/3 - Prairie fire at night swept over land and homes for miles, destroyed hay, grain, fences, affecting most families.

11/4 - Everything covered with cinders, eyes affected by the fire.

11/5 - (*Tuesday*) election day, picking corn, fields exposed and fire still raging.

11/11 - Went to the river to wash.

12/20 - Rained enough to fill the hauling tub, finished Reynolds gloves and helped daughter with her satin dress.

12/22 - Abb Schocklys day to preach, but no turn out to hear him.

12/24 - Nice day for killing hogs, killed three.

12/25 - Warm day, windows and doors open while cooking.

3/5/1868 - Windiest day we have experienced, "Such a dust that people cannot keep the road." 3/6—First rain in five months— just a shower.



Learn more: NGWA.org/PYGWD

15 Protect Your Groundwater Day: Be a part of the solution!

Groundwater is a vital drinking water source for public water systems and private household water well owners. The National Ground Water Association encourages you to promote **Protect Your Groundwater Day (PYGWD)** on **September 8** and use the information below to do so. Please share this information through your website, social media, news releases, presentations, or whatever means you choose. Our goal is to make it as easy as possible for you to do something to promote groundwater protection on that day and year-round. **If you do something, please share with us what that is and we will list you as a promotional partner and link to your organization from our PYGWD web page.**

1. Protect Your Groundwater Day web page: <http://www.ngwa.org/Events-Education/groundwater-day/Pages/default.aspx>
2. Groundwater and the Earth's water resources: <http://water.usgs.gov/edu/pdf/earthwherewater.pdf>
3. Access statistics on groundwater use in your state by clicking on "Groundwater's Role in (your state's) Economic Vitality" from the following link: <http://www.ngwa.org/Member-Center/affiliate/Pages/State-Associations%27-contact-information.aspx>
4. Groundwater Protection PowerPoint presentation: <https://ngwa.sharefile.com/d/s7094ba82a3645eb8>
5. Groundwater Conservation PowerPoint presentation: <https://ngwa.sharefile.com/d/sa34b3ca2d0a45e49>
6. **Free** groundwater protection recorded webinar (requires person to register): http://login.icohere.com/login/login_presentation.cfm?comseq=1257854300412436&product=iCoPoint&pnum=UPG37921
7. **Free** groundwater protection online lesson (requires person to register): <http://login.icohere.com/registration/register.cfm?reg=1050&evt=GWprotectlesson&t=1403792090878>
8. Water conservation basics, tips, and water use calculator: <http://wellowner.org/groundwater/conservation-matters/>
9. Water use calculator: <http://info.ngwa.org/WaterUseCalc/WaterUseCalc.html>
10. Protect Your Groundwater Day logo

Use this link for web version: <http://www.ngwa.org/Events-Education/groundwater-day/PublishingImages/PYGWD2015.jpg>

For high-resolution version, email ctreyens@ngwa.org

Thank you!

Cliff Treyens | public awareness director

National Ground Water Association — Dedicated to advancing groundwater knowledge

601 Dempsey Road | Westerville, Ohio 43081 | USA

800 551.7379 (614 898.7791), x 554 | fax 614 898.7786

www.ngwa.org | www.wellowner.org

Food Safety at Farmers Markets and the County Fair

Article from Food Safety News June 4, 2015 submitted by Beth Rowlands

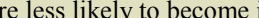
A Final Investigation Summary released by the Whatcom County Health Department in Bellingham, WA, indicates that the source of the recent Shiga toxin-producing *E. coli* 0157:H7 outbreak, which sickened 25 people and hospitalized 10 of them, was probably the Dairy Barn at the Fairgrounds.

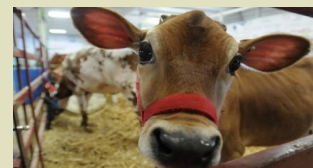
The outbreak was identified in the manure bunker, hay maze area and bleachers. Contamination of the environmental most likely occurred before the Milk Makers Fest. *E. coli* 0157 can survive in the environment up to 42 weeks. 25 people were confirmed cases. Nine of these were considered secondary cases (the ill person didn't attend the Mike Makers Fest but had close contact with someone who did attend).

Epidemiologic investigation findings

As part of the investigation, officials interviewed many of the confirmed cases to find out what they did during the event before they were sickened. Officials also interviewed “controls,” meaning people who attended the Milk Makers Fest but did not get ill to find out what they might have done differently.

A few preliminary findings stand out:

- Event attendees who reported washing or sanitizing their hand before eating lunch were less likely to become ill.
 - Children who reported always biting their nails were more likely to become ill.
 - Leaving animal areas without washing hands might have contributed to an increased risk of transmission.
 - Eating in animal areas might have contributed to an increased risk of transmission.
- 



Recommendations for the public

- Consider any environment where animals have been kept, such as barns, to be contaminated with bacteria or viruses that can make people ill.
- Hands should always be washed immediately when exiting animal areas, after removing dirty clothing or shoes, and before eating or drinking. {Hand washing with soap, running water, and disposable towels is the most effective method.}
- Food and beverages should be consumed in non-animal areas and only after washing hands first.
- Be aware that objects such as clothing, shoes, and stroller wheels can become soiled and serve as a source of germs after leaving an animal area.
- Nine secondary cases were reported during this outbreak. It's important for people infected with *E. coli* or those with a family member infected with *E. coli* to follow these precautions to prevent secondary infection.
 1. Wash your hands thoroughly with soap and water immediately after using the restroom or changing a child's diaper.
 2. Wash your hand before and after preparing food for yourself and others.
 3. Stay home from school or work while diarrhea persists. Most people can return to work or school when they no longer have diarrhea. Special precautions are needed for food handlers, health care workers, and child care providers and attendees. Check with your employer before returning to work, and check with your child's child care center before resuming child care.



Just thinking out loud —

Statistics indicate that the health of family members is directly tied to due-dates for college projects and exams.

All college professors should send out a warning to families of students in their class warning of the risk.

For example: “The midterm for (course and number) is schedule for (date). This puts your life in danger. Significantly more students report illness/death of family members or family pets at the time of a college exam. We recommend that you avoid travel and unnecessary activity until the exam is over. Grandmothers are particularly at risk.”

The bottom line: not all statistical conclusions are correct.

Affiliate of the National Environmental Health
Association



The Objective of the Kansas Environmental Health Association is to promote competency and effectiveness in sanitarians and other environmentalists engaged in the regulation of the Kansas environment including, but not limited to, food service establishments, commercial food preparation facilities, dairy products businesses, meat processing plants, bakeries, commercial lodging and hotels, swimming pools, water supplies, wastewater treatment and disposal, solid waste collection and disposal, air pollution control, radiation control, hazardous waste materials management, pesticide usage, institutions, schools, nursing homes, hospitals and health care facilities, recreational camps and public events.

Kansas Environmental Health Association

P. O. Box 1969

Lawrence, KS 66044

Email:

kansasenvironmentalhealthassoc@gmail.com

WE'RE ON THE WEB!

www.KEHA.US

