



THE OUTLOOK

September 2006

A Message from the President

Mo Heydari, R.S. President

Our Highest Reward:

"THE HIGHEST REWARD FOR A PERSON'S TOIL IS NOT WHAT THEY GET FOR IT, BUT WHAT THEY BECOME BY IT." (John Ruskin)

My name is Mo Heydari, I've worked as an Environmental Health Specialist with Maricopa County for the past 16 years. I have the honor of serving as president of AZEHA for the next two years.

As I begin my term, I want to thank Dick Mauntel, Mike Campbell, Marsha Robbins, Peggy Guichart, Judy Betterton, William Frank, David Ludwig, Aimee Upton and Chris Reimus for their service as past presidents of our association.

Our organization is as strong as its membership and thanks to each and every one of you, our organization has been making steady progress because of your support and contributions.

As I was thinking about where I hope to take our organization in the next two years, I could not help but acknowledge the facts that our profession is finding itself in cross path of historical Public Health events. Imagine, if H5N1 virus becomes a pandemic flu virus as the public health communities anticipate, and there is a vaccine crisis as suggested by health organizations. What would our roles be then? What if we are asked to respond to terrorism in our field of work?

Sixteen years ago, I was a concerned father, accepting a job in this field in order to have more time to spend with my "troubling teenager". Along the way, I found out that I do make a difference in protecting the health of my fellow citizens. My highest reward indeed has been what I have become by this noble profession that has given us all more than a pay check. An opportunity to serve and make a difference. I have no doubt that we will be in the frontline of whatever public health challenges that may lay ahead.

I encourage every member to stay informed and to understand that in a serious pandemic we are likely to be involved in general public



health efforts to promote public health awareness and perform tasks that have little to do with our traditional work.

Going back to where I hope to take this organization, I have realized that it is not my effort and vision alone but your individual commitment that will make this organization a success.

Primary purposes of this organization have been the improvement of public health and environment through the enhancement of knowledge and skills of environmental health and food safety professionals working in Arizona.

How can we improve in providing our membership with educational programs that meets their needs? What are the new ways to add new values to your membership?

How can we strengthen our organization by recruiting new members who will bring their knowledge and gift of commitment? Simply, how can we do better?

During next two years, I will be meeting with active

members to express my gratitude and to ask for feedback. I would also like to invite each and very one of you to become more involved and join me as the ambassador of this organization to recruit at least one new member every year.

I am very happy to report that Gregg Epperson of Maricopa County has accepted to become our webmaster and provide us a newly designed web site to serve you. Please give us your feedback about this website and help us to make this tool a true user friendly and valuable tool to meet your needs.

I love to hear your views, ideas and opinions. I am only an email away at: president@azeha.org

And now about that "troubling teenager". He grew up to serve his country in the armed forces and now is serving his community, working in mental health care. I must count my blessings.

"Stay well and do good work. You are making a difference."

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AZEHA Contact Information:

AZEHA
c/o MCESD Attn: Chris Reimus
1001 N Central Ste 300
Phoenix AZ 85004

Membership Reminder

Remember membership runs from July to June. If you have not already remitted your membership dues please send them in. A membership renewal form/application is enclosed in the newsletter.

Thank you for your continued support of our organization!!!

E. coli 0157:H7 in Spinach

Monique Kramer, R.S. Editor

As this newsletter is going to print we are currently in the midst of a vast outbreak of *E. coli* 0157:H7 in fresh spinach. It has reportedly caused over 171 illnesses including 27 cases of hemolytic uremic syndrome and 1 death. The cases have come from 25 states including Arizona. The suspect fresh spinach was also shipped to Canada, Mexico, Taiwan, Hong Kong, and Iceland. The recall so far has affected three companies and numerous brands of fresh bagged spinach.

(Continued on page 5)

AZEHA Board Members

Executive Board

President: Mo Heydari	president@azeha.org
President Elect: Tom Dominick	presidenelect@azeha.org
Secretary: Tesann Achilles	secretary@azeha.org
Treasurer: John Boyce	finance@azeha.org

Board Members at Large

Marlene Gaither	mgaither@coconino.az.gov
Steven Wille	swille@mail.maricopa.gov
Veronica Oros	veronica.oros@asu.edu
Timothy Hurst	thurst@mail.maricopa.gov

Other Executive Committee Positions

Past-President: Chris Reimus	pastpresident@azeha.org
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Non-Voting Board Members / Committee Chairs

Publications: Monique Kramer	publications@azeha.org
Membership: Hans Moesbergen (Interim)	hmoesber@mail.maricopa.gov

Standing Committee Chairs

Finance: John Boyce	finance@azeha.org
Education: Tom Dominick	education@azeha.org
Legislative: Vacant	legislation@azeha.org

Other Committee Chairs

Awards: David Ludwig	dludwig@mail.maricopa.gov
Nominations: Chris Reimus	pastpresident@azeha.org
Bylaws: Vacant	

Special Committee Chairs:	
Web-Site: Greg Epperson	info@azeha.org
Conference: Jaime Vinaras (Interim)	jvinaras@mail.maricopa.gov

There are still openings for committee chairs and committee members—Imagine the resume boost

Contact a board member for more information!!

Thoughts from the President-Elect By: Tom Dominick, AZEHA President Elect

I would like to thank all of those who voted for me to become President Elect for AZEHA. Although I was running unopposed, I am glad to see that I didn't get beat by a write-in candidate! As the President Elect, I am the chair of the Education Committee. I would invite you to consider volunteering for the committee. Our two main functions are the lending library and assisting the conference committee.

We will be categorizing and organizing the lending library. Look for a list of available resources coming in the near future as well as a procedure for checking them out. Current plans are to keep the resources at Maricopa County Environmental Services in downtown Phoenix. Anyone wishing to donate to the library should contact me at: presidenelect@azeha.org or tdominick@bashas.com.

We will also work with the Conference Committee in planning the spring conference. I have already begun contacting various groups to solicit speakers for the event. We are already planning on speakers in disaster planning, influenza outbreaks and various other timely topics. Should you have someone or a topic in mind, feel free to e-mail me the information at the address above. With your input and assistance, we can make this the best environmental conference in Arizona!

Have a story to tell?

Have a helpful tip?

Like to see your name in print?

Then submit an article today!!!



NEW AZEHA WEBSITE

WWW.AZEHA.ORG

About AZEHA

Membership Information

Calendar of Events

Upcoming Conferences

Arizona Environmental Health Association



Membership Application

(Yearly membership runs July - June)

Applicant Information

Name:		
Current Address:		
City:	State:	Zip:
E-mail Address:		Receive Newsletter via E-mail? Y or N
Membership Type: New/Renewal (Please circle one)		Member #:
Regular/Student (Please circle one)	Phone: () -	

Employer Information

Current Employer:		
Employer Address:		Contact: Work/Home (Circle One)
City:	State:	Zip:
Business Phone: () -	Fax: () -	
Title:		
Registered/Certified? Y or N (Circle One)	Type(s):	

Areas of Interest

Air Quality	Administration/Mgmt	Education
Food/Food Safety	Solid Waste	Hazardous Materials/Waste
Epidemiology	Waste Water	BioTerrorism
Water Quality	Vector/Pest Control	Committee involvement (note committee below)

Activities of Interest

Please list the types of activities or functions you would like to see offered by AEHA

Payment Information

Amount Enclosed: \$	Active Member: \$20.00
Cash/Check/Money Order (Please Circle One)	Student Member: \$10.00

Signature of Applicant:	Date:
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Referred by: _____

Thank you for your interest in the Arizona Environmental Health Association. We look forward to working with you in future AEHA functions. **Please return application and payment to:**
Arizona Environmental Health Association C/O Maricopa County Environmental Services Attn: Steve Wille, AEHA Membership Chairman 1001 N. Central Ste. 575 Phoenix AZ 85004. Please make checks payable to AEHA.

Now Hiring! Current Openings in Arizona and Abroad

- **Position:** Senior Manager—Environmental Services
Location: Flagstaff, AZ
Salary: \$50,710—58,316
Start Date: Open until further notice
Contact: <http://www.coconino.az.gov/jobline.asp?id=1520>
- **Position:** Environmental Health Specialist
Location: Graham County, AZ
Salary: \$34,944
Start Date: Open until filled
Contact: 928-428-3250
- **Position:** Environmental Health Specialist
Location: Maricopa County, AZ
Salary: \$19.78—24.16 per hour
Start Date: Open until filled
Contact: http://www.maricopa.gov/human_resources/jobs_index.asp
- **Position:** Environmental Health Specialist I
Location: Mohave County, AZ
Salary: \$35,880—55,660.80
Start Date: Open until filled
Contact: http://www.co.mohave.az.us/csvcs/jobsmc/job_info.asp
- **Position:** Environmental Health Specialist II
Location: Mohave County, AZ
Salary: \$39,561.60—61,380.80
Start Date: Open until filled
Contact: http://www.co.mohave.az.us/csvcs/jobsmc/job_info.asp
- **Position:** Environmental Health Supervisor
Location: Mohave County, AZ
Salary: \$43,617.60—67,683.20
Start Date: Open until filled
Contact: http://www.co.mohave.az.us/csvcs/jobsmc/job_info.asp
- **Position:** Water Quality Section Manager
Location: Washington State
Salary: \$61,500—74,952
Start Date: Open until 10/2/06
Contact: http://www.doh.wa.gov/job_ann.htm or Peggy Johnson 360-236-2252

Announcing NEHA's [JobCenter](http://www.neha.org/JobCenter.html) (link to <http://www.neha.org/JobCenter.html>). Do you need to advertise a job opening in your organization or find a quality job that's right for you? Well, NEHA has the answer. We are pleased to bring you the [JobCenter](http://www.neha.org/JobCenter.html) (link to <http://www.neha.org/JobCenter.html>) – a **comprehensive listing** of job opportunities across the country and in all areas of environmental health and protection and public health. Unlike most job banks and searchable job boards, we offer you the opportunity to post a job announcement at **little or no cost**. For more information or to find out if you qualify for a FREE job posting, please contact Alicia Green, NEHA Marketing Project Specialist, at agreen@neha.org.

Theodore Roosevelt and Food Safety

Jack Kelly—American Heritage Magazine submitted by Steve Wille

Theodore Roosevelt knew firsthand about seriously bad food. During the Spanish-American War he asked one of his Rough Riders why he was throwing away his canned meat. The soldier said he didn't like it. "Eat it and be a man," Roosevelt ordered. The fellow did so, and immediately vomited. Roosevelt examined the slimy, unwholesome ration and instantly understood why.

On June 30, 1906, Roosevelt signed the Pure Food and Drug Act, establishing the nation's very first regulatory agency. With a stroke of his pen he expanded the reach of the federal government and planted the enduring concept of a nonpolitical, science-based agency dedicated to protecting the public from unsafe foods.

During the second half of the nineteenth century, as Americans increasingly moved away from farms and into cities, farmers' markets and local butchers gave way to large commercial food processors and central meatpacking houses. Those who provided food no longer had to look in the eye those who bought it. The catalog of adulterants and toxic additives grew to include many of the restricted additives we know of today, along with others that seem unthinkable. Canners added copper sulfate to make gray vegetables green again. They spiked rotting tomatoes with sodium benzoate to prevent further decay. Meatpackers used borax to deodorize stinking hams. Bakers added chalk, clay, and plaster of Paris to bread to save on flour.

Efforts to rein in the worst abuses mounted on the state level for more than a decade. But getting the federal government involved was anathema to many politicians. Senate Republicans beat back a proposed pure-food law twice.

Much of the credit for the passage of the 1906 Act goes to Harvey Wiley, who since 1883 had headed the Bureau of Chemistry at the Department of Agriculture. In 1902 he conducted a series of experiments, feeding increasing doses of common preservatives like borax and sodium benzoate to a group of volunteers known as the "poison squad." The resulting illnesses made it difficult for manufacturers to palm off the substances as harmless.

Wiley led a charge joined by Progressives who believed wholeheartedly in both science and commerce. He was aided by articles in magazines like *The Ladies' Home Journal* and *Colliers* that presented appalling facts about the nation's food and drug supply.

Even more persuasive was the publication in 1906 of Upton Sinclair's novel, *The Jungle*. Sinclair, a socialist, had higher aims than reforming the meat industry, but his graphic descriptions of what went on in the big packinghouses made the book a bestseller and cut the sale of meat dramatically. The notion of tubercular workers dragging carcasses across floors they had spat on, or of piles of rotting, rat-infested meat being ground into sausage, sickened readers and fueled cries for reform.

Public opinion was not to be denied. Congress passed its legislation in two parts. The first was a bill that required federal inspection of all meat shipped across state lines and set sanitary standards for the industry. The penalty for noncompliance was withdrawal of the inspectors, which effectively blocked vital interstate sales.

The second part, a combined food and drug bill, was a compromise. Adulterated food was banned, but the law regulated medicines only as to their labeling. A label could not be false or misleading, although it could make any curative claim, no matter how speculative. And with the exception of narcotics and alcohol, the act didn't even require ingredi-

ents to be listed.

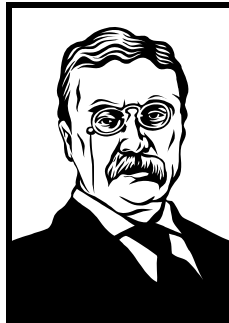
"The purity and honesty of the food and medicines of the people are guaranteed," *The New York Times* proclaimed hopefully. Other editorialists saw the law as only a beginning that would "blaze a path for future Congresses to follow."

In practice, the act was weak. Wiley and his bureau, which would later be renamed the Food and Drug Administration, were afforded a pitifully small budget. They cleaned up the dead-horse racket, which collected animals in the streets and sold them as beef. They prosecuted the maker of "Cuforhedake Brane-Fude" for misleading labeling. But the \$700 fine imposed in the latter case was hardly commensurate with the \$2 million the manufacturer had made on the substance.

Under the law the Bureau had to prove in court that a product was harmful or adulterated. Manufacturers were adept at finding loopholes, and patent-medicine makers continued to thrive. Not until 1938 did new legislation significantly increase the FDA's clout, demanding that sellers prove their products safe before marketing them, and banning false therapeutic claims.

The FDA still comes in for criticism from many who think it ties the hands of innovators and blocks citizens' access to effective remedies. Others lambaste the agency as too lenient, saying that it fails to protect the public from dangers like the heart-disease risk associated with Vioxx and similar medicines.

The complaints are part of an ongoing struggle, begun a hundred years ago, to balance freedom of commerce with basic protection for consumers and what President Roosevelt called "governmental power over big business."



(Continued from page 1) *Spinach*

Internationalization

This outbreak highlights the amount that the world has shrunk. An issue that affected three counties in California (known as the salad basket of the U.S.) has affected much of the U.S. plus multiple other countries. As transportation has improved, the ability to get fresh products to markets far away has grown. It is no longer uncommon to find a wide variety of fresh produce at the local grocery store throughout the year. During the winter months food can come from as far away as South America or even Australia. This ability to have fresh food at the lowest price comes at a cost, if there is an error in processing it will no longer only affect the people in the surrounding areas it may affect multiple countries.

Agroterrorism

Another topic that is brought to the forefront is the possibility of agroterrorism. As this outbreak was first being investigated one of the first hypotheses was potential terrorism. Today, many of the fields that grow our produce have no protection from tampering. Roads run adjacent to the fields, the agricultural water wells are open for contamination, and the only surveillance comes from the farm workers. There are efforts afoot to limit the risk of tampering, but as with most things in life they take time and money.

As the world shrinks, it is important to remember that what we do not only affects the food facility that we are surveying, but all of the customers that they will serve.

ARIZONA ENVIRONMENTAL HEALTH ASSOCIATION
c/o: Maricopa County Environmental Services
1001 N. Central Ste. 300
Phoenix AZ 85004



**Don't miss AZEHA's Networking Hour
October 27th**

5:30-7:30 PM

Streets Of New York

1470 E Baseline Rd—Tempe, AZ



Free Party Platters and non-alcoholic drinks will be provided

More Info—Tim Hurst 602-506-3408