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GABRIEL

Environmental Services

SEPTEMBER 2017

Mitigating Vapor Intrusion Risks

Recipe Corner



US Senate Navy Bean Soup

Ingredients:

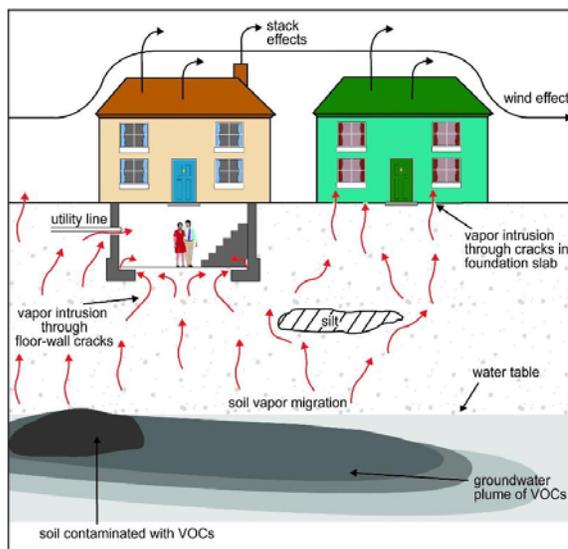
- 1 lb dried navy beans or other white beans
- 1 meaty ham bone or 2 smoked ham hocks
- 1 bay leaf
- 1 tsp salt, or more to taste
- 2 cups of chopped onions
- 1 medium all-purpose potato, peeled and chopped
- 2 carrots, chopped
- 2 stalks celery, chopped
- 2 cloves garlic, chopped
- 1 cup tomato sauce
- 1 tsp salt, or more to taste
- 1/4 tsp freshly ground black pepper

Vapor remains a big buzzword in the environmental field. ASTM requires vapor intrusion to be addressed during an E1527-13 Phase I Environmental Site Assessment. EPA issued federal vapor guidelines, and each state also enforces vapor intrusion regulations for its cleanup programs.

In Illinois, vapor intrusion was addressed by adding 'indoor inhalation exposure' to the Illinois EPA's [TACO standards](#). Depending on which contaminants are present, as well as the levels and depths of each chemical, IEPA may require the mitigation of these vapor concerns.

Vapor Mitigation Options

Vapors from various contaminants become a concern when they migrate from underground into an overlying building, as depicted below:



Directions:

1. If desired, soak the beans in water for 4 hours or overnight. Drain into a colander.
2. In a large soup pot, bring 10 cups of water to boil. Add the soaked or unsoaked beans, ham bone, and bay leaf. Bring to a boil, reduce heat to low and cook, covered, until the beans are almost tender, about 1 1/2 to 2 hours.
3. Remove as much meat possible from the ham bone or ham hock, cut into small pieces and return the meat to the pot. Discard the bone. Add the salt.
4. Add the onions, potato, carrots, celery, and garlic. Cook at a gentle simmer, uncovered, until the vegetables are very tender, 30 to 40 minutes.
5. Add the tomato sauce and season with salt and pepper. Discard the bay leaf.
6. In a food processor or blender, process half the soup, pulsing to make a coarse-textured puree. Return to the pot and adjust seasoning and add additional liquid, if necessary.

Note: Can be made three days ahead and

Vapor mitigation options include:

- Building Control Technology (BCT), including sub-slab depressurization, sub-membrane depressurization, membrane barriers, or vented raised floors
- Slab-on-grade structures, with no cracks, holes, or sumps
- If building has a basement, the concrete walls and floors must be completely sealed, with no cracks, holes, or sumps
- Land-use restrictions, preventing a future building or man-made pathway above the contamination
- Soil barrier to allow on-going active biodegradation of certain chemicals

There is no one-size-fits-all approach to vapor intrusion. Each site will have its own solution, depending on the type of structure, chemicals of concern, and extent of contamination.

If you have questions about how to address vapor concerns, contact John Polich, P.E., President, at 773-486-2123 or jpolich@gabenv.com.

Learn about Phase I Basics at Gabriel's Upcoming Seminar - October 3rd, 2017

Gabriel Environmental Services is pleased to offer a **free** seminar on Phase I Environmental Site Assessments and Phase II Site Investigations.

Topics covered include:

- What do environmental consultants look for during a Phase I?
- How are Phase I's performed?
- What happens if potential contamination is discovered?
- When do environmental consultants recommend a Phase II?
- What are the stages of a Phase II, or beyond?

Tuesday, October 3, 2017

8:15am - Breakfast and registration

8:30am - Seminar

10:15am - Phase II Soil Boring Demonstration

Our seminars are free for all Gabriel guests, but space is limited.

[Register online](#)

Thank you for Joining Gabriel for "An Evening In Havana"

refrigerated or frozen.

1st Place - Soup Contest
Steve Sawyer

JP Birdhouse Recent Visits



Thank you to everyone who joined us for our annual open house - An Evening In Havana.

Our guests enjoyed the tours/demos, delicious Cuban cuisine from Tropicuba, and Chicago craft beer from Argus, Goose Island, Revolution, Half Acre, Church Street, and Off Color beer companies.

Be sure to check out our [Calendar page](#) to see if our photographers captured your or your guests in any of the event photos.



Carbondale, IL - Total solar
eclipse



Chicago, IL - river cruise
through the locks



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