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# GABRIEL

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*Environmental Services*

APRIL 2019

## 2019 Chicago River Day - May 11, 2019

Friends of the Chicago River will be sponsoring their annual Chicago River Day cleanup event on Saturday, May 11, 2019. There are over 60 locations to choose from, and volunteers of all ages are welcome at many sites.

## Recipe Corner



### Triple B Chili (Beef, Barley, Beans)

#### Ingredients:

- 2 lbs Beef stew meat (I cut the chunks into smaller pieces)
- 2 32oz cartons of beef broth
- ½ large red onion, diced
- 2 green bell peppers, diced
- 3 cloves of garlic, diced
- 1 can of pinto beans, rinsed and drained
- 1 can of black beans, rinsed and

Volunteers help remove unsightly and harmful litter, restore miles of riverside trails, plant beautiful native plants, and much more!

[Find a location near you](#) to sign up to volunteer. The cleanup event occurs rain or shine.



## Find Your Neighborhood's Air Quality Data

[Air Quality Chicago](#) has launched a new website which includes data from across Chicago to measure air-pollution.

Particulate matter 2.5 (PM2.5) is an air contaminant composed of a mixture of fine carbon soot particles and gases from a variety of sources including power plants, motor vehicles, construction sites, etc.

drained

- 1 cup of uncooked pearly barley
- ½ can tomato paste
- 1 can fire roasted diced tomatoes
- ½ of 8oz jar of Frontera Ancho Pepper Adobo
- Worcestershire Sauce
- Liquid Smoke
- Chili Powder
- Smoked paprika
- Cumin
- Garlic powder
- Brown sugar
- Salt & pepper
- 1 tbsp Cornstarch + roughly 1-2 tbsp cold water (mix in a small bowl or mug, until a smooth milky consistency - )
- Olive oil

#### Directions:

1. In a large pot, heat up 2-3 tablespoons of olive oil at high heat. Add the beef and season it with garlic powder, salt & pepper and give it a stir around the pot. Let it cook at high heat for another minute or two and add a couple of dashes of Worcestershire sauce and stir. Lower heat to medium and keep cooking for another 8-10 minutes.

2. Remove the beef from the pot and set aside - add another tablespoon or two of olive oil and add the diced green peppers, red onion and garlic. Season with salt and pepper and cook on high for about 6 minutes.

3. Add ½ the can of tomato paste and the can of diced tomatoes and stir. Add about ½ of the jar of Ancho

PM2.5 (µg/m³)	Level of Health Concern	Meaning
0-12	Good	Air quality poses little to no risk.
12-35	Moderate	Air quality is good but may begin to be of moderate concern to those with unusual sensitivity to air pollution.
35-55	Unhealthy for Sensitive Groups	Sensitive groups may experience negative health effects.
55+	Unhealthy for All Groups	Everyone may begin to experience negative health effects. Sensitive groups especially at risk.

Air pollution can aggravate asthma and trigger asthma attacks. People with heart or lung disease, older adults, and children are at greater risk than other people, especially when they are physically active. Chicago has twice the national rate of asthma hospitalization rates.

Environmental Law and Policy Center has partnered with community members, youth, and volunteers to collect data in various neighborhoods around Chicago using hand-held AirBeam monitors.

This data is uploaded to their website [airqualitychicago.org/results/](http://airqualitychicago.org/results/), making current air quality data in Chicago available publicly and easy to access.

General air quality index data is also available from EPA for the greater Chicagoland area at [airnow.gov](http://airnow.gov).

### **EPA Releases PFAS Action Plan**

EPA has released a [Per- and Polyfluoroalkyl Substances \(PFAS\) Action Plan](#), which will outline the federal approach to identifying and understanding PFAS, address current PFAS contamination, prevent future contamination, and communicate with the public about PFAS.

#### **What Are PFAS?**

PFAS are a group of synthetic chemicals in use since the 1940s in a variety of consumer and industrial products. Due to their widespread use, most people in the U.S. have been exposed to PFAS. There is evidence that continued exposure to PFAS above specific levels may lead to adverse health effects.

PFAS can be found in food, commercial household products, workplaces, drinking water, and living organisms.

Visit [EPA's PFAS Basic Information](#) webpage for additional information.

adobo, along with several dashes of the chili powder, smoked paprika, cumin, and a couple of dashes of Liquid Smoke. Give it all a stir and let cook on medium heat for another 6-8 minutes.

4. Add the beef back into the pot, and let cook for another minute or two. Add both of the cartons of beef broth and give it a good stir - let it cook for another 20 minutes.

5. Add your cornstarch + water mixture and stir continuously for a bit (this is basically a thickener, so use as little or as much as you desire).

6. Add 1-2 tablespoons of brown sugar and stir - check your chili for taste and add/adjust any seasonings, as needed.

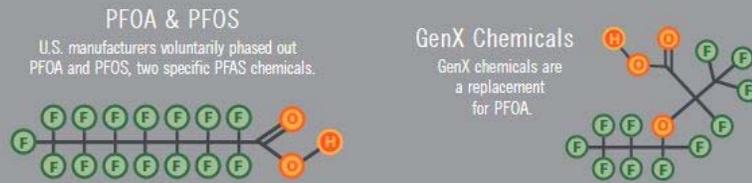
7. Add the uncooked barley to the pot and let simmer for another 30-45 minutes, or until the barley is cooked all the way through.

8. Adjust seasonings to taste, if needed. Enjoy!

*1st Place - Chili contest  
Carmina Ramirez Villalobos*

## WHAT ARE PFAS CHEMICALS?

Per- and polyfluoroalkyl substances (PFAS) are a group of man-made chemicals that includes PFOA, PFOS and GenX chemicals. Since the 1940s, PFAS have been manufactured and used in a variety of industries around the globe, including in the United States. PFOA and PFOS have been the most extensively produced and studied of these chemicals. Both are very persistent in the environment and in the human body. Exposure to certain PFAS can lead to adverse human health effects.



### EPA Action Plan

The Action Plan includes the following priority action concerns:

- Propose a national drinking water regulatory determination for PFAS
- Initiate the regulatory development process for listing PFAS as CERCLA hazardous substances
- Develop interim cleanup recommendations to address groundwater contaminated with PFAS
- Finalize draft toxicity assessments for certain PFAS and develop toxicity values for additional PFAS
- Review new PFAS to ensure unreasonable risks are addressed prior to commercialization

Due to growing concern about PFAS, ASTM may include PFAS in their next Phase I Environmental Site Assessment standard. State environmental agencies, including Illinois EPA, are also researching the inclusion of PFAS in their state cleanup programs for contaminated sites.

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