



Hot Air from EEOP – A Newsletter

Environmental Education Outreach Program (EEOP)
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Web version @
<http://www.nau.edu/eeop/newsletter>

The Newsletter

We have a new name! The name was inspired by a recent adventure by the newsletter editor, which included a *hot air* balloon ride.

This newsletter is a service of the Institute for Tribal Environmental Professionals (ITEP) Environmental Education Outreach Program (EEOP). We've created this newsletter specifically for K-16 students, educators, and tribal professionals that are interested in learning more about environmental issues, with a focus on air quality. The newsletter will also contain information about other EEOP programs and activities.

Air Toxic – Second Hand Smoke

The August issue of this newsletter previously addressed second hand smoke (Volume 1, Issue 9 - August 2006) shortly after the Surgeon General's Office released a report on the health impacts of second hand smoke. The Surgeon General's report on involuntary exposure to secondhand smoke concluded that secondhand smoke causes disease and death in children and nonsmoking adults.

Recently there was discussion about holding an ITEP training course in a tribal casino. We were reassured by the casino staff that the training room was a non-smoking area. However, based on my personal experiences, I was skeptical. I was concerned that the designated non-smoking area was not enough to ensure clean air. With my chronic asthma condition I was concerned that my ability to instruct would be hampered if I had to deal with smoke residues in the training room and the building. Fortunately the training was moved to another building with no smoking. Ironically the course was addressing air quality and health.

My concerns have been confirmed by several studies recently released on the Associated Press (AP) wire. The studies show that building ventilation systems are not able to keep cigarette smoke soot and carcinogens out of the non-smoking areas. In fact, in several cases the soot and carcinogens were higher in the nonsmoking sections than the smoking sections.

Recently, several states, including Arizona, were considering ballot initiatives to ban smoking in public places. In each case the tobacco industry was supporting an alternative initiative that would allow smoking in bars and casinos and other adult venues. They were claiming that proper ventilation could protect nonsmoking areas. Fortunately, at least in Arizona, the stronger initiative that banned smoking in public places won.

Two Mesa, Arizona restaurants claimed that their ventilation systems would comply with the city's smoke-free restaurant law. These two restaurants were included in a study conducted by James Repace,

a secondhand smoke expert and professor at Tufts University School of Medicine. The study revealed that the contaminants were higher in the nonsmoking section than in the smoking bar. Repace concluded that the complex, difficult to maintain, ventilation systems, were not working properly.

Repace doesn't believe it is possible to accommodate smoking and nonsmoking areas in the same building. "I don't think it is possible for somebody to come with a system that works," he said. "You need tornado-like ventilation." Repace noted that earlier studies done in Finland had similar results and conclusions.

Gil Caormier, chairman of the American Industrial Hygiene Association's Indoor Air Quality committee, agreed with the study's conclusion. "Ventilation systems over time degrade and stop functions as designed," he said, adding that "people walking from smoking to nonsmoking areas, or opening doors and windows shift smoke around."

In various discussions with smokers I have often pointed out that smoke doesn't read signs, it follows the laws of physics. Designated smoking and nonsmoking areas (signs) do not protect your health.

If you are interested in more information on second hand smoke or other air toxics, contact the EEOP staff.

Ten Tips for College Application Essays

When you apply for college, you will probably be expected to include an essay in your application. Recently *The Arizona Republic* assembled three experts to give tips for that essay. The experts came up with 10 tips for your consideration.

1. Start early. You don't want to start your essay the day before it is due. Good essays take thought and planning. The spring semester of your junior year is not too early to start thinking about your essays.
2. Have a game plan. Once you finalize where you are going to apply to college, make a list of the essays that you have to write. This will help you organize your time.
3. Jot down ideas. Before you begin writing the essay, write down ideas you want to include. The go back, fill in the blanks and organize.
4. Avoid tragedy. It may be tempting to write about a divorce or death to illustrate how you have grown as a person. But if you are in the anger or grieving stages, it is too soon, and your growth has yet to happen.
5. Tell a story. When a college application says "tell me about" or "describe an event," it means to tell a story. Your story needs to be lively and entertaining. Think about how you tell a story to friends over lunch. Use sights, sounds, smells to transport the reader to the experience.
6. Focus on the introduction. College admissions officers may spend just one or two minutes reading each essay, so your introduction has to make them want to read on.
7. Avoid a list of accomplishments. Admissions officers are not interested in all the "wins" you have compiled during high school. They are curious how you evolved through these experiences, whether it is music, sports, or leadership activities.

8. Ask for help. Have someone proofread your essay for grammar and spelling. Ask them to point out weak areas and places that can be improved.

9. Make every word count. College admissions officers read thousands of essays. Be clear and concise.

10. Just begin. The most important part is to start the essay. You can always go back later and make changes.

Any students that need assistance with preparing essays for their college application may contact the EEOP staff for assistance.

Professional Assistance and Support

In previous newsletters the EEOP staff has highlighted some of our services and programs available. This month we would like to highlight our **Professional Assistance and Support** activities. Do you need assistance with an environmental education and outreach event? Would you like help with doing an Indoor Air Quality (IAQ) building assessment? Do you have a question about an environmental issue?

The EEOP staff can respond to your request for assistance in a variety of ways. Perhaps all you need is an email, answering a question about an environmental issue. Perhaps you need a short workshop addressing an educational or environmental issue. Perhaps you need assistance from someone in another organization. We want to be creative in responding to your needs.

The Professional Assistance Program is available to students, teachers, and tribal environmental professionals. Your assistance request can start with an email or a phone call to the EEOP staff.

New Mexico State University Environmental Programs

The EEOP staff is interested in informing students about opportunities to study environmental science and engineering. This article provides information about a program in New Mexico.

The Environmental Science degree program and the Environmental Science Student Organization at New Mexico State University are seeking to inform people of our program and passion. We are particularly interested in high school students in environmental science or other science classes and groups who are interested in environmental careers and want to pursue a degree in environmental science.

The interdisciplinary Environmental Science program at NMSU was approved in 1994 and graduated the first student in 1997. The program is a science based curriculum dedicated to understanding and solving environmental problems. Our first graduate (Tim Davis) is in charge of environmental restoration at the NASA site near Las Cruces and environmental concerns at the termination of the NASA Space Shuttle program and start up of the NASA Space Transport program. Graduates are employed by other numerous government agencies, industries, and consulting companies from coast to coast as well as in NM.

The degree is a B.S. in Environmental Science with options in Chemistry, Geology, Water, Soils, Wildlife, Spatial Analysis, Environmental Economics, and Environmental Health. The Environmental Health option is the only nationally accredited Environmental Health program in NM, AZ, and Texas (west of Houston). Students often minor in areas given above and in Waste Management offered by the Waste Management Education and Research Consortium.

Students of the Environmental Science Student Organization and faculty of the Environmental Science degree program are willing to make presentations to classes or interested groups about the program. The presentation is a power point presentation that highlights the learning and living atmosphere in the Environmental Science program at NMSU and the employment opportunities after graduation.

If your class, classes, or group is interested in finding out more about the program or desire a presentation, please contact us at (505)-646-1907 and ask for William C. Lindemann, Professor of Environmental Science and Program Director, New Mexico State University.

Student Summer Internship (SSI) – Need Host Sites

The TEEOP staff is still recruiting for the 2007 Student Summer Internship (SSI) program. We are seeing good intern applications coming in and we are actively looking for projects that can use their skills and interests.

For all of those interested in hosting a summer intern, please visit our website to apply. The sooner we receive the project proposal the better visibility we can offer your organization. We are interested in helping environmental agencies in Indian Country do air quality monitoring, data analysis, emissions inventories, and develop community air quality outreach programs. Regional EPA offices, State environmental offices, tribal environmental agencies, and others are eligible to apply.

Host sites that apply early will be featured on our website, so that students can identify the projects they are interested in.

If you would like more information about the ITEP Student Summer Internship program please contact Matthew or visit the EEOP website.

Future Issues

We are also interested in publishing articles from you. We are interested in articles sharing stories from students, teachers, or tribal professionals influenced by ITEP or EEOP activities. We are also interested in sharing information that will benefit students, teachers or tribal professionals. Our next issue will report on the National EPA IAQ Conference and provide more information to future college students on how to prepare for college.

Credits and Contacts

The US Environmental Protection Agency (USEPA) Office of Air and Radiation provides part of the funding to make this newsletter possible. The newsletter is disseminated on various list serves, however, if you would like to join the newsletter list serve, contact mansel.nelson@nau.edu.

Our staff looks forward to providing new services and developing new programs, as well as continuing existing programs. We especially look forward to hearing from you. So please visit our website at <http://www.nau.edu/eeop> or contact us via telephone or email.

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