



January 2011
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Recipe Corner!

Gabriel Gazette

January 2011

EPA Issues New CFL Bulb Cleanup Guidelines

U.S. EPA has updated its compact fluorescent bulb (CFL) cleanup guidelines. Since these light bulbs contain a trace amount of mercury, it's important to take care when cleaning up a broken bulb. Mercury vapor will remain in the area until proper clean up is completed.



1. Before cleanup

- Have people and pets leave the room.
- Air out the room for 5-10 minutes by opening a window or door to the outdoor environment.
- Shut off the central forced air heating/air-conditioning (H&AC) system, if you have one.
- Collect materials needed to clean up broken bulb.

2. During cleanup

- Be thorough in collecting broken glass and visible powder.
- Place cleanup materials in a sealable container.

3. After cleanup

- Promptly place all bulb debris and cleanup materials outdoors in a trash container or protected area until materials can be disposed of properly. Avoid leaving any bulb fragments or cleanup materials indoors.
- For several hours, continue to air out the room where the bulb was broken and leave the H&AC system shut off.

For more information, visit EPA's website: www.epa.gov/cfl/cflcleanup

Illinois Cracking Down on Improper Asbestos Removal

As many of you know, Gabriel often holds cooking contests in our lunchroom. Any interested employee can enter based on the theme (salads, soups, chili, etc), and we vote on our top 3 favorite dishes that day.

Throughout 2011, we will be featuring various winning recipes from these contests in this Recipe Corner. We hope you enjoy!



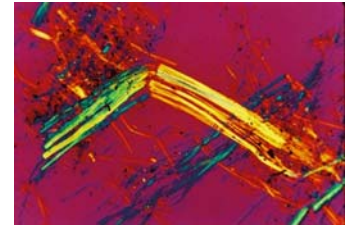
Mercedes' Salsa Verde

- 5-6 tomatillos (papery husks removed, and rinsed)
- 1-2 jalapenos (depending on how spicy you want)
- 1/2 bunch of cilantro, chopped
- 2-3 avocados, peeled and diced into small cubes
- 3 cloves garlic, chopped
- 1/2 white onion, chopped
- Water
- Salt & Pepper

1) Boil the jalapenos and tomatillos, until soft.

2) Add the jalapenos & tomatillos to the blender, along with a little bit of water, and the chopped onion & garlic.

Illinois Environmental Protection Agency (IEPA) remains concerned with the improper removal of asbestos-containing materials. When asbestos particles become airborne, they can cause serious health concerns. As a result, IEPA has strict regulations regarding the testing and removal of any asbestos-containing materials (ACM).



In December, IEPA discovered asbestos-containing pipe insulation at a Chicago scrapyards. Tracking down the source of the pipes, IEPA inspectors went to AMD Industries, Inc's headquarters where it was determined that the pipes were improperly removed by AMD workers and illegally disposed as scrap metal. After containing the area and restricting access, the IEPA has referred the company to the Illinois Attorney General for enforcement action.

The IEPA alleges that AMD has caused, threatened or allowed the discharge or emission of asbestos fibers into the environment. IEPA has requested that a licensed project designer submit a program to determine the scope of asbestos contamination and the methods and procedures to be utilized to remediate asbestos contamination resulting from improper removal and disposal activities. Once the Illinois EPA has accepted a program, a licensed asbestos abatement contractor will be hired to implement the program.

In addition to the costs associated with the asbestos removal, AMD will also face non-compliance fines and penalties.

If you have suspected asbestos-containing materials in a building that is undergoing renovation, be sure to have it properly tested and removed, if necessary, before continuing the renovations. Failure to do so could result in long delays, government enforcement action, and significant fines and penalties.

If you have any questions about asbestos regulations, contact [Steve Sawyer](#) at 773-486-2123.

Source: <http://www.illinois.gov/PressReleases/ShowPressRelease.cfm?SubjectID=29&RecNum=9117>

Upcoming Free Gabriel Seminars:



3) Puree the mixture until the sauce is smooth-add water, as needed, to thin it out. Add salt & pepper to taste.

4) Pour into a bowl and add the chopped cilantro and avocado pieces, and stir.

1st Place, Appetizer Contest

Thursday, February 10th: [Tap Into Geothermal](#)

Learn about the learn about the technology the EPA calls the most energy-efficient, environmentally clean, and cost-effective system for temperature control.

The seminar includes technical details of geothermal energy; installation procedure; costs and benefits; and available tax credits.

Thursday, February 17th: [Digging Up the Facts](#)

Learn the basics of Phase I Environmental Site Assessments - what do consultants look for, and what environmental issues should you really be concerned about

Both seminars are held at Gabriel's [Chicago headquarters](#) from 8:30 - 10:00 a.m. There is no charge for the seminars, and free parking is available.

To learn more or to RSVP, contact Sara Scardina at gabriel@gabrielenvironmental.com or 773-486-2123