



The Mulvaney Pipeline



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MEMORIAL DAY • CELEBRATE • HONOR • REMEMBER

Not So Fun Fact:

Every human being sheds about 1.5 million dead skin cells EVERY hour. Repeat — 1.5 million. Per hour. Where do these dead skin cells go? On to the carpet or floors and even into ductwork. Fortunately, the dead skin cells that fall into the carpet are quickly eaten by dust mites.

- The good news: Dust mites are really, really small, so you can't see them.
- The bad news: Dust mites are really, really small, so you can't see them.

A teaspoon of dust can contain over 2,000 dust mites. Dust mites are from the arachnid family (spiders). On average, 10 square feet of carpeting contains 10,000 dust mites. Besides their decomposing and dead bodies, dust mites produce 200 times their body weight in dust-mite poop over the course of their life times. And their little dust mite claws ensure 95 percent of them survive regular carpet vacuuming. Here's another fun fact: On average carpeting doubles its weight every seven years no matter how much you vacuum.

DO WE REALLY NEED TO SHOWER WITH HOT WATER?

Hot or warm water feels good and promotes good hygiene. But what about cold showers? The ones you dread to take when you're the last person to get up in the morning. But, if you give them a fair chance, you might find that you actually like how you feel after taking one. Regardless of how you feel about either type of shower, research shows that both hot and cold showers have health benefits you should be aware of. Benefits of taking a cold shower include: calming itchy skin, because the cold water reduces the sensation to itch. Cold showers also wake you up. When the cold spray hits your body there's a bit of a shock. That shock increases oxygen intake, heart rate and alertness. Cold showers help reduce muscle soreness after intense workouts since cold water has regenerative properties, your muscles will relax and repair after a tough workout. Cold showers may help boost weight loss. Some fat cells, such as brown fat, can generate heat by burning fat. They do this when your body is exposed to cold conditions like in a shower. These cells are mostly situated around the neck and shoulder area. Cold showers give your skin and hair a healthy glow. Wellness experts say that cold water tightens and constricts the blood flow which gives your skin and hair a healthier glow.

Why do we like hot showers? If you have trouble relaxing or falling asleep at night, you might be tempted to take a hot shower to ease the stress of the day. This is a common practice for muscle relaxation before going to sleep because hot showers activate the parasympathetic nervous system which makes us tired. Hot showers provide relief from cold or respiratory symptoms. Standing in a hot shower with the steam surrounding you has long been used as a natural remedy to reduce cold and cough symptoms. The heat from the water and the steam can help to: open airways, loosen up phlegm and clear out your nasal passages. Hot showers are good for muscle relaxation as being in hot water effectively relieves body tension and can soothe muscle fatigue. But yes, your beloved hot shower does have some downsides. They can increase your blood pressure, too. If you have problems with high blood pressure or cardiovascular disease, taking a shower that's too hot can make these conditions worse. Hot showers can also dry out and irritate your skin. But the good news is, you don't have to give them up completely. You just need to turn down the temperature a bit and take care of your skin afterward. Some people find taking lukewarm showers are beneficial as well. Health benefits can also come from taking both hot and cold showers simultaneously by using cold water for a minute or so then switching to hot water then switching back to cold and so on. What happens is, the cold water will constrict the blood vessels. This means all the blood will go to the middle of the body. Hot water will open the blood vessels and all the blood comes rushing out again. This cycle can pump the blood completely through the muscles and organs and is great for regeneration and detoxification.

DRAGON BREATH

COLD

LAVA HOT

WARM

ICE COLD

ACTUAL ICE

DID YOU KNOW?

Why does Goofy stand erect while Pluto remains on all fours? They're both dogs!
Correction from last quarter: Goofy is actually a cow. Nonetheless, why does Goofy, a cow, stand on all fours?!

The sentence: "The quick brown fox jumps over the lazy dog" uses every letter of the alphabet.

The words 'racecar,' 'kayak' and 'level' are the same whether they are read left to right or right to left (palindromes).

"Dreamt" is the only English word that ends in the letters "mt".

Maine is the only state whose name is just one syllable.

No word in the English language rhymes with month, orange, silver, or purple.

"Stewardesses" is the longest word typed with only the left hand and "lollipop" with your right.

The average person's left hand does 56% of the typing.

There are only four words in the English language which end in "dous": tremendous, horrendous, stupendous, and hazardous.

There are two words in the English language that have all five vowels in order: "abstemious" and "facetious."

TYPEWRITER is the longest word that can be made using the letters only on one row of the keyboard.

Pneumonoultramicroscopicsilicovolcanoconiosis is actually a word and is a type of lung disease caused by inhaling ash and dust.

Swims will be swims even when turned upside down.



Why Do Koala 's Hug Trees?

Why do Pigs Roll in the Mud?

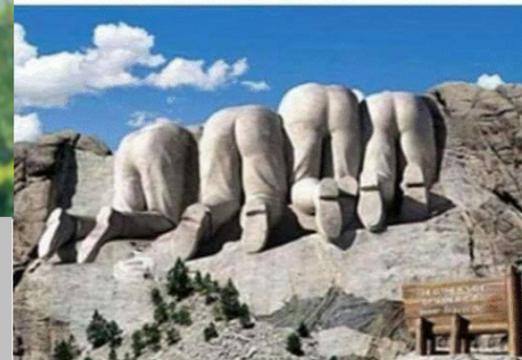


We spend a lot of time trying to figure out indoor environmental quality in the modern building construction world. Most of the creatures on earth don't live in buildings, they can only change their routines to deal with extreme weather. What are animals doing to regulate temperature and how could humans adapt these techniques? So how do animals keep cool? Koalas prefer to hug trees or shed their heat via conduction. Researchers have calculated that on a 95 degree day, hugging a tree in the shade could help a 25 pound koala lose up to 68 percent of its extra body heat. Energy transfer via conduction is key for koalas as the trees are slowly pulling water from the ground, transpiring it up to the leaves and dissipating the heat through their leaves. Humans can sweat and dissipate some energy via evaporation. Many animals don't have that capability. Pigs are one of many examples of animals looking for mud to roll in to cool themselves when the water evaporates. Kangaroos have a different approach. They will lick their forearms. The evaporating saliva cools them down because they have a lot of blood vessels in their wrists. Surface area is key for heat dissipation. Elephants have big heat sinks on the sides of their heads and their large ears have a lot of blood vessels. They shed some of their heat by increasing the air speed across their ears when they flap around, enhancing convection. Human bodies aren't very good at surviving in extreme temperatures. If we didn't have the intelligence to build shelters or protect ourselves from our surroundings some other way, we wouldn't be able to survive much outside the temperature window of 39 - 90 degrees.

Do you want to hear a dirty joke?
A pig fell in the mud.
Do you want to hear a clean joke?
A pig took a bath.



You know, there are some things that you just never think of like Mt. Rushmore from the Canadian side.



GOOD JUDGEMENT COMES FROM EXPERIENCE.

AND EXPERIENCE WELL THAT COMES FROM POOR JUDGEMENT.

WHAT'S GOIN' ON?

Jun. 22-26

Jun. 22-25

Jun. 24-26

Oct.16-18

ASHRAE Annual Conference

BOMA Annual Conference

Women in the Mech Industry Conf.

IFMA Conference & Expo

Kansas City, MO

Salt Lake City, UT

Rosemont, IL

Phoenix, AZ

WHAT THE HECK IS IT?



WIN A MULVANEY MECHANICAL LEATHER JACKET

JUST LIKE THIS ONE

When e-mailing your entry, please write "Newsletter Contest" in the subject line to avoid our SPAM filter.

Send to: MMI@mulvaneyinc.com

If multiple correct answers are received, one winner will be selected at random.



Last Quarter's Puzzle: Antique Manual Polisher/Buffer

WE HAD 4 WINNERS THIS TIME!!!

ONE WINNER WILL BE CHOSEN AT RANDOM

SCOTT YATES, H & R DESIGN
MARTIN ONORATO, ROBINSON & COLE LLP
CHRISTOPHER DADDI, PE, CES
MARK BERGER



Above: House Dust Mite's



Want us to email the Pipeline to you instead?
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