

DO YOU HAVE SEASONAL AFFECTIVE DISORDER? (Yes, it's a real thing)

Seasonal affective disorder (SAD) is a strong tendency to become depressed at a specific time of the year — most often in late fall, continuing into winter. There can be other years when the dip is milder than a full depression, or even absent. Summers are most often symptom-free. Winter SAD is linked to less daylight, which is exacerbated by spending more time indoors. The sensitivity to these changes varies by individual. Some people react to the first signs of seasonal change around the fall equinox in September, while others' moods don't plunge until December. The most common period for the onset of a SAD episode is late October through November. January and February are the worst months overall, and the symptoms don't fully subside until early May. The severe form of seasonal affective disorder, with major winter depression, affects around 3 percent of the U.S. population — about 10 million of us — while up to 10 percent experience milder forms. But there are significant geographic differences, especially in latitude, since winter nights are hours longer in the north than in the south. Most studies have zeroed in on women of childbearing age, but SAD is definitely not age- or sex-specific. Lower estimates for men may be biased by some men's reluctance to admit to mood shifts. In a study conducted many years ago, published in the Journal of Biological Rhythms, a random sample of New Yorkers rated key symptoms of seasonal change — for example, weight gain, longer sleep, and reduced motivation, productivity, and social interest. The survey specifically avoided calling attention to the psychiatric connection. There was no difference in SAD-like symptoms between men and women. Physical symptoms that precede the mood shift include difficulty waking up on schedule, daytime fatigue, a craving for carbohydrates, and weight gain. Once the depression hits, the symptoms mimic those of non-seasonal depression, including loss of motivation for work or other activities, reduced social contact, and anxiety. The difference is that the onset of the SAD episode is predictable, usually weeks after the physical symptoms appear, and countermeasures can begin before the mood swing is severe. In that sense, SAD patients are luckier than their cohorts with non-seasonal depression.

USING BRIGHT LIGHT AS MEDICINE

Mental health professionals have used light-box therapy for decades to treat seasonal affective disorder (SAD), which leads to a low mood in winter but eases its depressing grip when the days get longer. New research indicates that the same therapy may be effective for other types of depression, including treatment resistant depression and even bipolar depression. Researchers believe that the therapy, which involves sitting near a light box when you get up, resets a disordered circadian rhythm, resulting in an improved mood.



How is Lighting Quality Measured?

Both color temperature and the color rendering index have been around for many years and describe different aspects of light quality. **Color temperature:** Measured in degrees of Kelvin (K), color temperature quantifies the color of white light. Lower color temperatures appear visually "warm" and have more of a red-yellow tint - think of a classic incandescent light bulb, which typically has a color temperature around 3000K. Mid-range color temperatures between 3500 to 4100K have a more neutral and true white appearance because the color wavelengths of the light are more balanced. At the other end of the scale are high color temperatures above 4100K, which have a cool, blue-tinged color. **Color Rendering Index:** CRI measures a light source's ability to display the color of objects relative to the color rendering abilities of a specific light source, such as a phase of daylight or a black body radiator (an object that absorbs all electromagnetic radiation regardless of its frequency. A CRI rating above 80 is considered generally accurate at rendering, though some LED lighting manufactures have products with CRIs in the 90s. www.lightingnews.com

MERRY CHRISTMAS

Only a woman who delivered a baby without an epidural can understand a guy who has a cold.

Its sting hurts a lot, but if they were to disappear, it would hurt us all much more

Scientists have declared that bees are the most important living species on the planet. However, scientists have also declared that bees have already entered into extinction risk. Bees around the world have disappeared up to 90% according to recent studies. The reasons are different depending on the region, but among the main reasons are: massive deforestation, lack of safe places for nests, lack of flowers, use of uncontrolled pesticides and changes in soil, among others.

WHY HAVE BEES BEEN DECLARED AS THE MOST VALUABLE LIVING SPECIES ON OUR PLANET? Bees are the only living species that are not carriers of any type of pathogens, regardless of whether it's a fungus, a virus or a bacterium. Seventy percent of the world's agriculture depends on these insects. Also, the pollination that the bees make allows the plants to reproduce, of which millions of animals feed. Without them, the fauna would soon begin to disappear. www.scienceabc.com



Cranberry Mimosas

- 1 lime halved
- 2 tbsp. Sugar
- 1 cup sweetened cranberry juice
- 1 bottle champagne
- Fresh cranberries and rosemary sprigs for garnish

I'M BORED. I THINK I'LL GO TO THE MALL, FIND A GREAT PARKING SPOT AND SIT IN MY CAR WITH THE REVERSE LIGHTS ON.

THINGS THAT TELL THE TRUTH: SMALL CHILDREN DRUNK PEOPLE YOGA PANTS

HAPPY THANKSGIVING

WHAT'S GOIN' ON?

Feb. 1-5	ASHRAE Winter Conference	Orlando, FL
Mar. 16-18	ACAA Annual Conference	St. Louis, MO
Apr. 14-16	IFMA Facility Fusion Expo	San Francisco, CA
Jun. 15-18	NFPA Conference & Expo	Orlando, FL

DID YOU KNOW?

Four times more people speak English as a second or foreign language than as a native one. It's the most widely spoken tongue in the world, with nearly two billion people learning it as a second language and only 350 million people speaking it natively.

You can major in wine at Cornell University. Technically it's a degree in "Viticulture and Enology" (a.k.a. the cultivation of grapes and the science of winemaking), sounds good we're sending in our applications.

Frank Lloyd Wright's son invented Lincoln Logs. The famous architect's design for the Imperial Hotel in Tokyo inspired John Lloyd Wright to produce the interlocking log beams on a much smaller scale for kids.

A \$1 bill costs 5 cents to make and a \$100 bill costs 14 cents. According to the Federal Reserve, each buck lasts about six years, and there's about \$1.69 trillion of U.S. currency in circulation right now.

There's a world record for the most world record titles. It belongs to Brooklyn, New York resident Ashrita Furman, who's held more than 600 Guinness World Records in his lifetime, ranging from heaviest shoes walked in (323 pounds) to most baseballs held in a baseball glove (26).

If you start counting at one and spell out the numbers as you go you won't use the letter "A" until you reach 1,000.

How many licks does it take to get to the center of a Tootsie Pop? According to Tootsie Pop, the world may never know. But on average, a licking machine made at Purdue needed 364.

Oranges were originally green. The first oranges ever imported from the West were from Southeast Asia and were tangerine-pomelo hybrids that were green in color. Oranges grown in warmer parts of the world such as Vietnam and Thailand stay green throughout their lifetime.

Antarctica is the world's largest desert. The Antarctic Polar Desert covers Antarctica continent and covers roughly 5.5 million square miles and only gets 2 inches of precipitation per year. The Sahara Desert covers roughly 3.6 million square miles and gets 3 inches per year.

On statues, a horse's legs tell you how the statue figure died. In the United States and the United Kingdom, an urban legend states that if the horse is rearing (both front legs in the air), the rider died from battle; one front leg up means the rider was wounded in battle; and if all four hooves are on the ground, the rider died outside battle.

In the early 1900's, Lobster was considered the "cockroach of the ocean" and was synonymous with the poor — often eaten regularly by the homeless, slaves and prisoners. It wasn't until after World War II that lobster became considered a delicacy and a food associated with the aristocratic classes.

"Hundred" Doesn't Mean 100

The word "hundred" is actually derived from the Old Norse word "hundrath," which actually means 120, not 100. More specifically, "hundrath," in Old Norse, means "long hundred," which equals 120, due to the duodecimal system. www.bestlife.com

WHAT THE HECK IS IT?



WIN A MULVANEY MECHANICAL LEATHER JACKET

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.



JUST LIKE THIS ONE



Last Quarter's Puzzle: Vintage Corn Husker

WE HAD ONE WINNER THIS TIME!

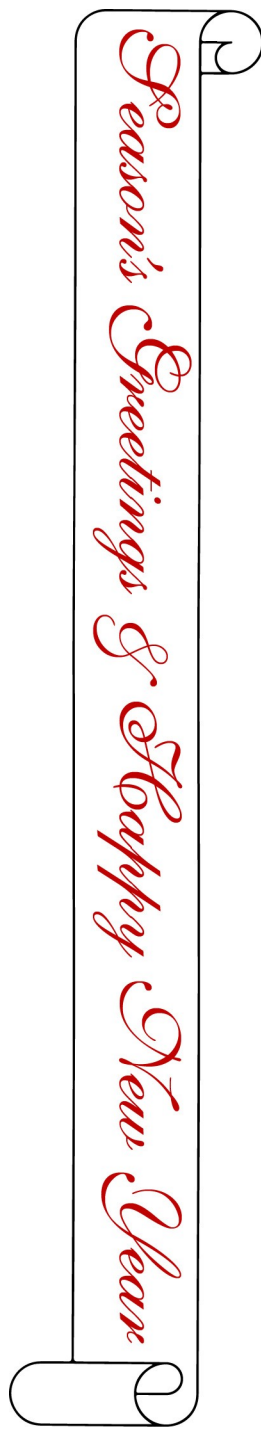
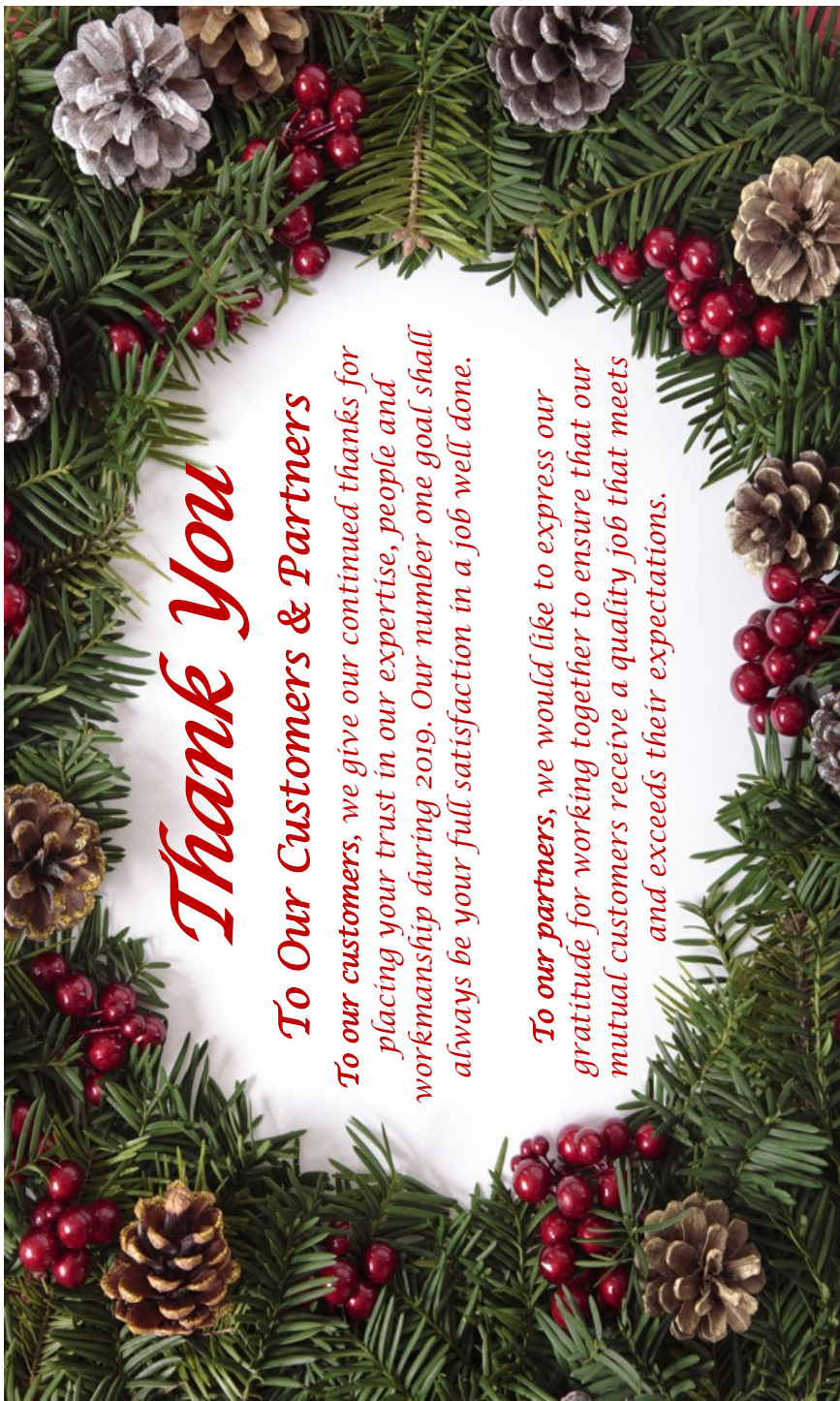
Timothy Emerson, Industrial Facilities Design

GOOD LUCK ON THIS QUARTER'S MYSTERY ITEM



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 Measures an extra-large 15' x 60'

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Eastbound traffic heading toward the Danbury Fair Mall, Federal Road, and on toward Waterbury will view this panel.