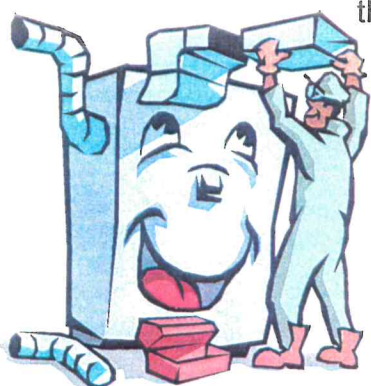


Air Duct Cleaning and Sanitizing. Is really worth it?

You see them calling to you from Yellow Pages and newspaper advertising... headlines promising to "eliminate allergy problems" and "remove dust and allergens from your home or office". Despite the claims and testimonials, until recently, no published scientific data supported these assertions. Heating and air conditioning systems have now been established as harbors for molds, and certainly with vents in every space, this is an efficient distribution system. So certainly the "sanitation" of this system is of great interest to allergy and asthma patients.

According to leading asthma and allergy experts, having HVAC ducts cleaned and sanitized periodically really works. To test the theory that commercial air duct sanitation is effective in reducing indoor allergen levels, eight "heat-ventilation-air conditioning" (HVAC) systems in sites during winter (heating mode); and six HVAC systems in five sites during summer (cooling mode); were sampled to measure fungal "colony forming units" (CFUs). The sampling was done before and after HVAC sanitation occurred. Two sites in which no duct cleaning was done served as controls in each phase of the study. Sampling was performed using culture plates of malt extract, which provides an excellent growth medium for fungal colonies. The plates were placed directly in the air stream.

The baseline CFUs were found to be approximately equal in the control and study sites. Eight weeks after the sanitation procedure, the study sites exhibited a whopping 92% decrease in CFUs during the winter, and an 84% reduction in the summer. Over the same 8 week period no reduction in CFUs was observed in the control sites. This indicates dramatically



that air duct cleaning by a qualified commercial firm does indeed provide relief from airborne molds, one of the most common aeroallergens. This benefit can be extended by installing a high efficiency intake filter following such air duct cleaning. Another interesting fact the researchers noted was that pre-cleaning CFU levels were much higher in the summer than in the

winter. They speculate that this could be due to the fact that in a cooling mode, there is higher moisture content due to the evaporative coils.

AIR CONDITIONING

Air conditioning - or manufactured air, as it was first called - was originally considered to be simply controlling humidity. Then temperature control was added and presto - circulated air with controlled humidity and a constant temperature. One of the first uses of air conditioning for personal comfort was in 1902 when the New York Stock Exchange building was equipped with a central cooling plant.

Factories were the first focus of "controlled air," followed by office buildings and then schools. The impetus to shift air conditioning from industrial to commercial use was the movie theater. Between 1911 and 1930, many movie theaters were air conditioned, providing movie goers with a pleasant indoor environment. Modern air conditioning really took off following World War II when our scarce resources were no longer dedicated to the war effort.

Air conditioning in cars first appeared in the 1940 model year Packard, which had an actual on-board refrigeration system. Cadillac followed suit in 1941 with 300 air-conditioned cars. All of these early air-conditioning systems had one big drawback: there was no compressor clutch, so the compressor was running whenever the engine was running. To shut the system off, one had to stop, get out, open the hood, and remove the drive belt. It wasn't until after WWII that Cadillac advertised a new, high-tech feature: "Air-conditioning controls". These controls were located on the rear package shelf, which meant that the driver had to climb into the back seat to shut the system off. Yet it was still better than reaching under the hood for a drive belt.

Air conditioning continued to be a rare option in cars for many years. It wasn't until the late 70s and early 80s that air-conditioned cars became the craze. Systems were getting better and people realized that they didn't really have to sweat it out any longer. Current estimates indicate over 80% of the cars and light trucks in operation in the United States have air conditioning.

The "Engineer's Diet" Eat Right & Lose Weight!

It takes one calorie to heat one gram of water one degree centigrade. Translated into meaningful terms, this means that if you eat a very cold dessert consisting of mostly water, the natural processes which raise the consumed dessert to body temperature during the digestive cycle literally sucks the calories out of the only source, your body fat.

For example, a cold dessert of about 0 degrees C must be warmed to your body temperature of 37 degrees C. For each gram of dessert, you will burn 37 calories. The average dessert is 6 ounces or 168 grams therefore 6,216 calories are used from your body fat to bring the dessert to body temperature.

Obviously the more cold dessert you eat the faster you will lose weight. This process works equally as well when drinking cold beer. You will lose 12,240 calories for each cold beer you drink. Frozen desserts are even better, requiring lots of calories to raise them to body temperature. This sure beats running any day!



Unfortunately those who eat pizza as an excuse to drink cold beer will not benefit from this process. The cooling of hot pizza has the opposite effect on the body and therefore will

offset any weight loss achieved by drinking cold beer. By now you should have reasoned that the solution is to drink lots of beer with your pizza and follow this up immediately with large bowls of ice cream.

We could all be thin if we were to adhere religiously to a pizza, beer and ice cream diet. And you thought the "Atkin's Diet" was the only answer. Now you have what, in future, will be called "The Mulvaney Diet".

An Amazing little known fact

America became a nation in 1781 with the signing of the Articles of Confederation. George Washington was elected president in 1789. There were 10 presidents prior to Washington, with Samuel Huntington of Connecticut being named the first president under the Articles of Confederation. George Washington was actually America's 11th president.

Word Puzzle

MEVTAMRCANIUS

Just solve the puzzle & submit the correct word or phrase

e-mail or FAX your answer to our office. If more than one correct entry is received, a winner will be selected at random.

The answer to the "Riddle" from last time was "A Wheelbarrow" We received 7 correct responses.



Diane Baker	Hines
Carol Cosker	Pipefitters Local 777
Al DiVencentis	Garcia & Milas
Chris-Philip Onofrio	Dimeo Construction Co.
Bill Sapienza Family	Sapienza & Lessig
Susan Stout	Pipefitters Local 777
Beck Swanson	Charles Beckman Swanson Architects

A final winner will be selected at random.

What's Goin' On?

- | | |
|---|--|
| Apr 9 th - Apr 18 th | New York International Auto Show
Jacob Javits Convention Center, New York, NY |
| Apr 21 st - Apr 23 rd | Total Facility Management Show 2004
Chicago, IL |
| May 2 nd - May 7 th | CIB World Building Congress 2004
Toronto, Canada |
| May 8 th - May 13 th | AIHce 2004 Industrial Hygiene Association
Atlanta, GA |
| Jun 16 th - Jun 17 th | West Coast Energy Management Congress 2004
Anaheim, CA |
| Jun 26 th - Jun 30 th | 2004 ASHRAE Annual Meeting
Nashville, TN |

MOUNTING EVIDENCE INDICATES CONNECTICUT WAS FIRST IN FLIGHT

Over 2 years before the flight of the Wright brothers at Kitty Hawk, a birdlike monoplane took to the air at early dawn on August 14, 1901, near Bridgeport, CT, carrying its inventor and builder, Gustave Whitehead, a distance of approximately 1/2 mile. Whitehead made 3 additional successful flights later that same day.



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Something to Remember
HEALTH can be squandered, but never saved up