



# The Mulvaney Pipeline

## WALKWAY OVER THE HUDSON RIVER



Completed in 1888, the Poughkeepsie-Highland train bridge was then the longest bridge in the world and considered an engineering marvel. Each 525 foot span was constructed of the largest and heaviest trusses in the world. Beginning in 1873, 100 foot deep underwater timber caissons were built to set the concrete foundations for the bridge directly into the river bed. Considered a landmark piece of the Hudson Valley's industrial past, the bridge soon became a major link in the nation's rail network. Over the next 60 years, it would support 50 trains per day and carried up to 3,500 railcars per day during times of war. The bridge has been virtually idle for about 35 years following a spectacular fire that severely damaged it in 1974. This marked the end of an era of rail transportation.

The Walkway Over the Hudson is a non-profit organization founded in 1992. Their mission was to preserve the landmark railroad bridge, transform the bridge into a linear park and trail and to provide long-term stewardship. In 1995 Walkway Over the Hudson assumed ownership of the bridge, establishing partnerships with federal and state government, businesses, foundations and the community. With a length of 6,767 feet (approximately 1.25 miles), the walkway is the longest pedestrian bridge in the world. The top of the bridge deck is 212 feet above the water and has a width measuring 24 feet. Work to preserve and transform the bridge began in May 2008 and was opened to the public in October 2009.

A 3.6 mile walking loop, crossing both the Walkway Over the Hudson and the Mid-Hudson Bridge, offers thrilling river views and connects riverside parks, cultural attractions and historic points of interest on the Poughkeepsie and Highland waterfronts. Additional links provide easy access to 2.5 miles of nature trails in Franny Reese State Park as well as miles of rail trails in Ulster and Dutchess counties. If you are an avid hiker, cyclist or just one who enjoys scenic walks, visiting the Walkway Over The Hudson is a must visit destination for you. The rich history of the Hudson valley comes alive as you tour the area.

### TOP 3 BARRIERS TO WATER CONSERVATION



- Dry drains and sewers** – As we continue to reduce the amount of water used in our homes and businesses, we expose ourselves to "dry drain syndrome". Australia, being at the forefront of water conservation experienced dry sewer drains. This occurs when there is insufficient water to move solids inside the drain pipe. Currently PERC (Plumbing Efficiency Research Coalition) in Australia is examining new plumbing codes to deal with this problem. As conservation efforts continue, drainage systems in the U.S. are nearing the point of dry drain syndrome.
- Non-water urinals and drain clogging** – Although these fixtures save volumes of water, their downside is the rapid buildup of struvite salts causing slow drains and ultimate clogging. To those unfamiliar with struvite, it is chemically known as ammonia magnesium phosphate. The rock hard crystals that make up urinary tract stones.
- Oversized supply and drain piping** – The older plumbing codes currently in use were developed in earlier times when water conservation was not a primary concern. In today's environment, water is recognized as a natural resource that must be protected. Architects, mechanical contractors and end users must recognize that water conservation is here to stay. It cannot be avoided, so we must work on solutions for the down stream problems low water flows cause.

### Good Advice for the New Graduates Among Us

- The man who graduates today and stops learning tomorrow is uneducated the day after.
- He who learns but does not think is lost. He who thinks but does not learn is in great danger.
- Education is what remains when one has forgotten everything he learned in school.
- A graduation ceremony is an event where the commencement speaker tells thousands of students dressed in identical caps and gowns that 'individuality' is the key to success.
- Do not go where the path may lead; go instead where there is no path and leave a trail"
- All that stands between the graduate and the top of the ladder is the ladder.
- If you aren't fired with enthusiasm, you will be fired with enthusiasm.
- Be who you are and say what you feel, because those who mind don't matter and those who matter don't mind.



### Meaghan Mulvaney receives the 2011 Special Olympics Connecticut President's Award.

One of six outstanding athletes and inspirational leaders to receive this honor. Meaghan received her award at a reception hosted in New Canaan by renowned sports writer Mike Lupica and his wife Taylor.



Meaghan is pictured here with family and friends. In front of her proud dad Jimmy and right of Mike Lupica.

Meaghan came to the original Ridgefield Special Olympics (RSO) recruitment meeting in 2005 with such enthusiasm and excitement, that I saw RSO was going to be a wonderful addition to her daily life and activities, offering her opportunities to make new friends and for personal growth. She practices and competes in Developmental Aquatics, Bowling and cross trains with the track and field athletic team, greeting each athlete with joy and excitement.

In the beginning Meg had her own swim practice due to her sleeping needs. However, in 2009 she began coming to the evening practices and has proven to be a wonderful asset to the team building of the swim team. Over the years she has gotten more confident with reaching out to the other athletes and volunteers. So much so that when she arrives everyone runs up to greet her with hugs and high fives. She has great commitment to achieving each goal. It is truly inspiring to watch her as she forges through any roadblock in her way to accomplishing her goal. She exemplifies the spirit of all I was hoping to create for the Ridgefield Special Athletes.

Meaghan is known by many and greatly respected in her hometown of Ridgefield, CT. She is a member of the Ridgefield Recreation Center, utilizing many of their programs, crafting, painting and is a regular at the pool. As well as a regular at the Ridgefield Fire Department, where she shares her love for ambulances with the Paramedics, she is also involved with Pegasus, a therapeutic horseback riding program. Meaghan attends The Foundation High School in Milford, CT where she consistently works on improving her independent life skills.

Meaghan exemplifies the Special Olympic Spirit and oath "Let me WIN. But if I cannot win, Let me be BRAVE in the attempt".

*By Alesia Williams, Ridgefield Special Olympics Coordinator*

### INTERESTING FACTS

- Purdue University researchers say most drivers have no problem exceeding the speed limit by up to 20 mph and see no risk in doing so.
- You are five times more likely to be in a car accident at 35 mph than you are at 65 mph.
- Type 2 Diabetes in children, once unheard of, has risen 45 percent in the U.S. in the last ten years.
- The average person's cholesterol level in China: 127. In America: 227.
- 250 people have fallen off the Leaning Tower of Pisa since it was built in 1372.
- Almost all flu viruses first infect chickens, then pigs, then humans.
- Sunscreens rated higher than SPF 30 do not provide any additional protection against harmful UV rays.
- Tennessee is the deadliest state for tornadoes, killing 110 people over the last decade.
- Stomach ulcers aren't caused by spicy foods or stress--they're caused by bacteria.
- A 2002 study found people with red hair require 20% more anesthetic than blonds or brunettes.
- 15 billion cigarettes are smoked worldwide each day.

### What the Heck is it?



If you can name the item pictured, you may WIN A MULVANEY MECHANICAL Leather Jacket

If you e-mail your entry, you must write "NEWSLETTER CONTEST" in the subject line to avoid our SPAM filter. Please mail to [janette@mulvaneyinc.com](mailto:janette@mulvaneyinc.com)



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

### The answer to last quarter's quiz.

This is a 19<sup>th</sup> century Blacksmith's forming tool use to re-shape the cutting edge of rock drills. The drill rock end would be heated in the forge, this tool would be positioned over the cutting end, held in place using the wooden handle and struck with a sledge hammer to reform and sharpen the cutting point. A very valuable tool in mining operations.



### WHAT'S GOIN' ON?

Apr 15 – 17 <sup>th</sup>	Go Green Expo	Los Angeles, CA
Apr 22 - May 1 <sup>st</sup>	New York Car Show	New York, NY
May 4 – 6 <sup>th</sup>	BOMA Healthcare Facilities Const	Dallas, TX
May 6 – 7 <sup>th</sup>	Alt Building Materials Expo	Santa Monica, CA
May 10-11 <sup>th</sup>	Buildex Expo and Conference	Chicago, IL
May 22-25 <sup>th</sup>	Windpower	Anaheim, CA
Jun 25 – 29 <sup>th</sup>	ASHRAE 2011 Conference	Montreal, Canada
Oct 11 – 12 <sup>th</sup>	AFE Facilities America 2011	Las Vegas, NV
Oct 19 – 20 <sup>th</sup>	NAEM ESH Mgt Forum	Tucson, AZ
Oct 26 – 28	IFMA Workplace 2011	Phoenix, AZ



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"Do more than belong: participate. Do more than care: help. Do more than believe: practice. Do more than be fair: be kind. Do more than forgive: forget. Do more than dream: work."