

PUZZLE
SOLUTION

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PARENTS WATCH FREE Is Movie Pass Right for Your Family?

Superheroes, robots, and dinosaurs, oh my! The 2018 blockbuster season is in full swing, and chances are your kids don't want to miss out on the action. But these days, going to the movies costs an arm and a leg — and that's before you buy the popcorn.

One service is looking to change this. If you've watched the news at all in the last year, chances are you've heard the buzz about Movie Pass. It's a subscription service in which one user pays \$9.95 a month in exchange for four free movie tickets each month at participating theaters. While initially envisioned for college students and film aficionados, could Movie Pass be right for your family?

WHERE DO YOU LIVE?

The first thing you should do when considering whether to sign up for the pass is research which theaters in your area take the pass and which don't. If you have to make a long drive just to get

to a participating theater, it's probably not worth subscribing.

ARE YOU A MOVIE FAMILY?

Do you go to the movies often as a family? Or do you and your spouse need more date-night options? With the \$9.95 monthly subscription fee, as long as the pass holder in your family sees more than one movie a month, you are saving money. This can be a great encouragement to see more films, whether as a family or individually.

IS 3D A MUST?

The one catch of Movie Pass is that it will only get you into standard 2D movies. If you and the family want the 3D experience, you'll have to pay for it separately.

If enough theaters in your area participate, your family enjoys going to the movies, and you're



not set on seeing 3D movies, Movie Pass can be a great investment. But if the answer is no to any of these questions, you're probably better off just buying tickets at the box office.



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www.BAQ1.com

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WHO ARE YOU?

IT'S OKAY IF PEOPLE DON'T KNOW MY NAME



INDOOR AIR QUALITY FOR BUILDING OWNERS and FACILITY MANAGERS

Recently, a building construction company I do contract work for reached out with a new job. They'd started work on a new apartment building that was going up and discovered a serious mold problem. I went out there, conducted my inspection, and wrote up a report with a five-step guide on the best way to solve their problem.

Not long after, I got a call from the mold remediation guy the company hired to take care of the problem. Our call was pretty brief.

"I've never heard of you," the gentleman pointedly informed me. "And when I asked around my office, no one else here has heard of you either. How do I know you can handle this project?"

I was caught off guard by this call. After 29 years in the business, I'm used to other people in the industry recognizing my name and company when it comes up during a job. Instead of sending this guy to my LinkedIn page, I let him know that I've been in the industry for over two decades, and considering his business specializes in asbestos work, it wasn't surprising that our paths hadn't crossed before.

If I'm being perfectly honest, having someone

"I realized the call was a reminder that not everyone in this field of work has heard of Travis West or Building Air Quality, and you know what? That's a good thing."

demand to see my credentials ruffled my feathers ... at first. Then I realized the call was a reminder that not everyone in this field of work has heard of Travis West or Building Air Quality, and you know what? That's a good thing.

Early in my career, I made the conscious decision to work with the clients I could best help. This means building owners and facility managers of commercial buildings. Sure, I am probably knowledgeable enough to address other kinds of buildings, but that's not what I want to do. Besides the fact that I would never get to see my family and would end up giving myself a heart attack from the stress, taking on too many jobs would ensure my clients don't get the quality service they deserve.

Putting aside my (slightly bruised) ego, I do have to applaud the asbestos guy for looking out for his clients. I'm always hesitant when I see my clients doing business with a remediation company that I've never heard of before. Occasionally they wind up being some inexperienced, fly-by-night company that'll slap paint over the problem and leave my client with a bigger mess to clean up.

After my conversation with the asbestos guy, I sent him a nine-page report outlining the scope of work for mold remediation that he needed to stick to. At that point, he realized I was more than capable of handling the problem.

I recognized my niche long ago, and I'm happy to serve my clients here. The people I choose to work with and the projects I take on are the ones I know I'm best equipped to tackle. In my industry, if you haven't heard of me, it's likely because you haven't had a problem requiring my specialized skills.

Travis West

HAND-WASHING VS. DISHWASHER

Are You Wasting Water, Time, and Money?

We've all walked into our kitchens, looked at the dishes stacked high in the sink, and asked, "Is it better to throw those in the dishwasher or wash them by hand?" The dishwasher would certainly save you some time, but many people believe that washing dishes by hand uses less water and electricity. In reality, however, washing your dishes by hand is one of the worst things you can do for both the planet and your wallet.



Dishwashers use less water than washing by hand. A study conducted in Europe found that individuals who wash dishes by hand tend to use 27 gallons of water to clean just 12 place settings. Meanwhile, modern dishwashers only use 6 gallons of water, and Energy Star appliances use as little as 4 gallons during their wash cycle. The Environmental Protection Agency determined that

using a dishwasher instead of washing by hand can save 5,000 gallons of water and \$40 in utility costs a year.



It's not just about water!

Unless you have incredibly thick dishwashing gloves, you can't properly clean your dishes by hand. Dishwashers heat water to around 145 degrees Fahrenheit to ensure your dishes are disinfected. Even if the water from your sink could get that hot, you wouldn't want to stick your hand in it.

Which brings us to the science experiment that is your kitchen sponge. Dr. Philip Tierno, a clinical professor in the microbiology and pathology departments at NYU Langone, determined that your kitchen sponge is the single dirtiest item in your house. Soap and water aren't enough to sanitize your sponge, which is left damp next to your sink after each use. Have you ever noticed that stagnant sponge smell? That's bacteria growing. And when you wash your dishes by hand, you rub that bacteria all over your plates and silverware. Yum.

If you have just a single plate or cup, you obviously don't want to run them through the dishwasher alone; that would be incredibly wasteful. But the drawbacks of washing by hand are too great to ignore. The best option is to wait until your dishwasher is full, then start up the washing cycle. All your dishes will be clean and disinfected, and you'll use less water in the process.



Byron Ware

Filter Maintenance Company, Inc. GENERAL MANAGER



For the last seven years, I've been the general manager of Filter Maintenance Company, Inc. The company specializes in cleaning and repairing commercial heating and air conditioning systems. The heating and cooling system of any building is an interesting beast. When it's working right, you never have to think about it, but when something with the system goes wrong, the entire building knows it.

Every breath of air taken by the people inside a commercial building goes through the heating and cooling system. If the system isn't filtering the air correctly, or it hasn't been properly maintained and mold has been allowed to grow, the indoor air quality of the whole building can be compromised. In the late 1980s, when I first got started in this industry, IAQ was a niche field, barely on anyone's radar. It's thanks to men like Travis West who pushed the importance of IAQ into the forefront.

I became acquainted with Travis in the mid-90s, around the time I started a company that manufactured and distributed air duct cleaning equipment. This put me in contact with the commercial air duct cleaning industry and Travis West. Travis developed his company to address air quality issues on a consulting level. Around that time, I was also involved in consulting work and did extensive training and certification for air duct and mold remediation.

These days, since coming on at FMC, my experience with IAQ is more background knowledge I use to make educated calls when on the job. As a contractor who is called on to physically clean and fix issues, I don't do much consulting work. But when I do encounter a client who is in need of a professional opinion, Travis West is the man I call.

Travis has a diverse background in the field, geared to helping commercial property managers and building owners with their problems. He's one of the smartest guys in the business — one who I know can steer a client in the right direction. We've collaborated on a number of jobs and have referred work back-and-forth over the years. Plus, I enjoy working with Travis. It's a win-win scenario.

They Started a Mold Farm ...

Should Building Managers Ban Office Plants?

In 1989, as part of their Clean Air Study, NASA released a list of common indoor plants they determined were able to "play a major role in removal of organic chemicals from indoor air." The chemicals used in this study were benzene, trichloroethylene, and formaldehyde, which occurred during long-term space flights, and have been known to cause headaches and eye irritation. The NASA report identified around 20 plants that were most effective for air filtering, including English ivy, peace lily, and Boston fern. But that report was misleading. Detailed research done by other researchers right after that report was filed, noted that the number of plants needed to remove indoor contaminants would fill a room, and then the room would reek of wet dirt odors. But that's not what the press heard! And that's not what indoor landscaping people sell.



We recently responded to a tenant complaint from someone with mold allergies. She had been suffering from a bad reaction whenever she filed paper in some low lateral filing cabinets. When our team arrived, one of the first things they noticed was a set of large potted plants sitting on top of the filing cabinet. They each had paper towels underneath them. Each plant was moved to the side and sure enough there was a ring of black colored mold hiding beneath, growing in the paper towel.

Keep in mind, it's not just a poorly placed paper towel that causes IAQ problems. Mold can also grow in the soil of overwatered plants. And underwatering a plant can be just as troubling. As plants die, they release pollen spores that can negatively impact people with allergies or asthma. Dying plants also attract insects.

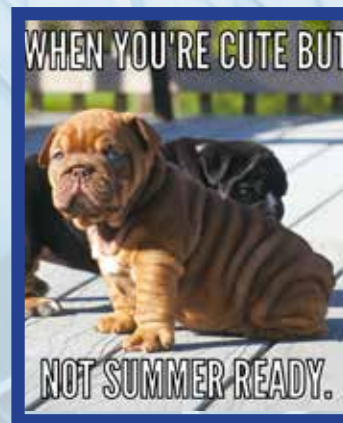
When a building tenant gets an indoor plant, they are usually motivated by visual appeal. Indoor air quality doesn't often occur to them, but it really should. Having plants around can certainly improve the visual look of an area, but only if the plants are well cared for. Unfortunately, when our team at Building Air Quality finds a plant that is not flourishing indoors, more often than not that plant proves to be the source of endless troubles.

Many tenants worry about overwatering their plants, but for all the wrong reasons. They only see the immediate damage overwatering causes — mainly leaking water that ruins desks and nearby documents. To fix this, some tenants will stick a folded paper towel beneath the potted plant to absorb the excess water. Problem solved, right? Wrong! As the paper towel absorbs extra moisture, it becomes an excellent growth medium for the development of mold.

Considering how much trouble indoor plants can cause, some building owners and property managers may consider banning them altogether. But this could also generate bad will. A better course of action is to remind tenants that IAQ is a shared responsibility. Encourage tenants to do some research and be certain they will be able to properly care for their plant before bringing it into the space. There is a handy resource you can provide tenants about maintaining indoor plants at savvygardening.com/how-to-water-indoor-plants.

And for heaven's sake, don't let someone stick paper towels under their potted plants!

Have a Laugh With Travis



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