

# PIPELINE

PIPING SYSTEMS INC.

PROCESS PIPING • PLUMBING • HVACR • BOILERS • FIRE PROTECTION SYSTEMS • ELECTRICAL • SPRINKLER INSPECTIONS

Fall 2021

## Hayden Research Campus Brings Top-Notch Talent to Lexington, MA



The newly-developed, four-story Class A Life Sciences Lab at 75 Hayden Avenue in Lexington, Massachusetts consists of 221,300 square feet of unique architectural features. Known as the Hayden Research Campus, this project was rightfully nominated for the Associated Builders & Contractor's prestigious Eagle Award for Construction Excellence. All of us at Piping Systems, Inc. (PSI) congratulate Environmental Services, Inc. (ESI), BW Kennedy, and all those associated with constructing this building because it truly is a work of art!

PSI has a long history of working with ESI and was chosen to complete the piping portion of the project's HVAC systems. With our careful planning, coordination, and fabrication capabilities, PSI was able to complete this project on schedule and within budget. "And let me tell you," said Jason Taylor, Vice President of Operations, "this was not an easy project!"

This complicated construction project was truly impressive in all aspects of its design—from the U-shaped, four-story building structure to the artwork as you make your way up the courtyard

through the lobby. But nothing was more impressive to PSI than the massive mechanical room located in the building's penthouse.

The mechanical room at 75 Hayden Avenue is the heart and soul which truly brings life to the structure. A massive building like this needs large pipes to function (14-16" mains to be exact), all connecting the:

- 2,280-ton chiller plant;
- 25,000 MBH boiler plant;
- three cooling towers;
- 220,000 CFM air handlers;
- associated pumps and multiple DX systems.

Each of these systems working together is what provides a comfortable heating and cooling experience to the tenants and common areas.

Construction was achieved with a crew of 12 highly-trained technicians, PSI's shop fabrication, and the ability to adjust to changes and obstacles as they came our way.

There are many mechanical contractors who can do a

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## Ancient Map Found In Cellar

A stone slab held privately for more than 100 years has turned out to be the oldest known map of European territory, the *Sci-News* website reports. The Bronze Age map, about 13 feet long by seven feet wide, dates from 2150–1600 B.C., and was originally found in France in 1900. It went to a private collection, then a museum, and was ultimately found in a castle cellar in 2014.

The slab appears to depict an area along the river Odet, and the central motif suggests an enclosure in an area with three river springs—the Odet, the Isole, and the Stêr Laër. Archeologists believe the ancient map may have been used to manage the territory and control its land. The slab was used in a burial at the end of the early Bronze Age, and markings that seem to represent the distribution of elite graves in the territory could be linked to soil fertility.

**SPEED BUMP**

**Dave Coverly**



# Jumpstart Your Morning To Be More Productive At Work

Are you as productive as you could be at work? It depends on how you start your day. To get off on the right foot, follow this advice from the *Resume.io* website:

- **Empty your mind.** Get rid of extraneous thoughts that might distract you up front. If necessary, write down any ideas or worries and then set them aside so you can focus on your first task.
- **Don't check your email right away.** Spend 30 minutes or so on something productive before looking at your emails. You'll avoid getting sucked into nonessential tasks that can derail your productivity.
- **Avoid meetings.** Don't call a meeting first thing in the morning. We spend enough unproductive time in meetings as it is. Block out a meeting-free zone on your schedule, and attend only the most essential early morning meetings.
- **Stand up.** Instead of settling into your chair first thing, take a short walk or use a standing desk for the first 10 minutes of your day. This can help you feel more energetic and empowered.
- **Use natural light.** Open your blinds to let in the sunshine. It'll help you wake up and feel more alert. If that's not an option at your workspace, invest in a lamp that simulates sunlight.
- **Set—and share—deadlines.** Let someone else know when you expect to finish an important task. Keeping it to yourself makes letting it slide too easy. Having someone in on it will help you feel accountable, even though it's just a co-worker with no authority over you.
- **Start one at a time.** Don't try to accomplish several morning tasks at once—no matter how easy they are. Focus on just one, finish it, and move onto the next. Allocate blocks of time for specific tasks, with shorter spans in between for miscellaneous jobs.

*"The key to successful leadership today is influence, not authority."*

—Ken Blanchard

## Try These Numbers On For Size

You think high school algebra was hard? Try wrapping your mind around these amazing numbers, courtesy of the *Cracked* website:

- To write the largest known prime number in a straight line, you would need a sheet of paper 23 miles long.
- Americans use 100,000,000,000 plastic shopping bags a year, enough to stretch end-to-end around the equator twice every day.
- A blue whale can eat up to 40 million small krill a day—about 7,900 pounds, which is more than the weight of a Hummer.
- A Rubik's Cube has 45,252,003,274,489,856,000 possible configurations.
- There are 12.1 trillion digits of Pi known right now. A piece of paper needed to write them in a straight line would stretch to the sun and back.
- LEGO manufactures 125 million bricks a day, more than the number of banknotes the U.S. prints in a day (38 million).
- Beetles represent 30% of all known animal species, with more than 300,000 species currently identified.
- People send 205 billion emails every day. If you were to print out each one on a separate sheet of office paper—which would consume 25 million trees—the stack would stretch halfway around the equator.

# What Makes A Leader?

Leadership calls for the right perspective on people. The website of the *MIT Sloan School of Management* shares these words of wisdom from top leaders on how to lead:

- **Carol Cohen, Cognizant:** "Your long-term success is not just determined by what you achieve alone, but also by how you empower, engage, support, and elevate your colleagues and teams in the ecosystem around you."
- **George Westerman, MIT Sloan:** "The ability to envision and drive change is just as important as the ability to work with technology. If you don't have both, you can't succeed in this world."
- **Craig Robinson, WeWork:** "Creating, aligning, and empowering diverse teams is one of the best ways to discover and develop new ideas."
- **Hal Gregersen, MIT Sloan:** "Most leaders excel at thinking, 'Oh, here are the tasks to be done,' but they often don't step back to consider how specific roles are changing and what that means for people experiencing a significant identity shift at work."
- **Doug Ready, MIT Sloan:** "Go out on the limb, that's where all the fruit is. Take a few risks—trust that your people will admire you for doing so. Leadership is a privilege. Embrace it as you build a community of leaders in this new economy."

*"In school, you're taught a lesson and then given a test. In life, you're given a test that teaches you a lesson."*

—Tom Bodett

# Up Your Networking Game

Networking is crucial to succeeding in your career. You need connections with people in all sorts of industries, people who can offer you advice, support, and sometimes work. Networking is one of the most powerful skills you can have in your career and is a skill that can be learned. How do you go about building the kind of network you want? Follow these guidelines from the *Silicon Republic* website:

- **Networking should be mutually beneficial.** Don't go into it thinking only what you can get from other people. To build useful, long-term relationships, you have to be available to help your contacts as much as you hope to get help from them. Don't constantly ask for favors. Volunteer your service and expertise so people see you as a reliable partner.
- **Join diverse groups.** You meet people for your network by getting involved in industry associations, trade groups, and the like. Look for groups that have a diverse range of people. The wider your network, the better your access to information you can use and people with experiences and insights you might not encounter elsewhere.
- **Present solutions.** Position yourself as an expert by speaking at conferences and offering solutions to long-standing problems. Getting visibility will attract people to you. You'll be able to interact with a wider variety of experts in other fields who can share experiences and ideas while benefitting from your own.
- **Say yes to opportunities.** You've got to put yourself out there to prove yourself to the people you want in your network. That means volunteering your services and also saying yes to requests to help. Be willing to take on new responsibilities when asked. This shows you're a team player committed to everyone's success, not just your own.
- **Don't be daunted if you've changed careers.** Networking can be just as daunting if you've decided to make a career change later in life. Try to understand the constituent parts of your new role, identify the people who have the most knowledge about that topic, and approach them. Ask if it's okay to reach out to them with questions or, better still, try to schedule a regular time with them where you have a chance to build up a bank of questions.



# Odd Questions

1. Where are lobsters' bladders located?
2. In 1878, Alexander Graham Bell suggested answering the telephone with which greeting?
3. At an average of 10 hours 42 minutes per week, which country's citizens spend the most time reading?
4. Which is the state dance of 24 U.S. states?
5. Which came first: alcohol or the wheel?
6. Which word is understood in all languages?
7. A team of chemists described which smell as "a combination of grassy notes with a tang of acids and a hint of vanilla over an underlying mustiness?"
8. Which is the only continent to have land in all four hemispheres?
9. *Paraskevidekatriaphobia* is the fear of what?
10. What was the first item sold on eBay?
11. Theodore Roosevelt's daughter Alice had a pet snake. What was the snake's name?

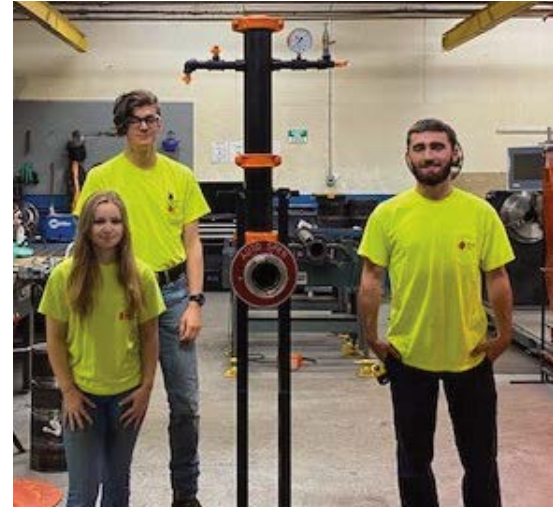
1. In their heads. 2. "Ahoy." 3. India. 4. The Square Dance. 5. Alcohol. 6. "Huh?" 7. The smell of old books. 8. Africa. 9. Friday the 13th. 10. A broken laser pointer. 11. Emily Spinach.

—Mental Floss

# Training the Next Generation of Firefighters

PSI was asked to spearhead a fun project by the Freetown and Lakeville, Massachusetts fire departments. The work consisted of designing and fabricating a training station to support the fire departments' training program. What made it extra special was that most of the work was completed by the co-op students. The construction of the training station required the students to weld, thread, and groove piping including cutting and welding a stand for the training station. We're proud of our students!

The Lakeville Fire Department was thrilled with their new training station. "We would like to thank our friends at Piping Systems, Inc. for their generous donation of a new prop to support the training programs for both the Freetown and Lakeville Fire Departments. Old Colony Vocational seniors Emma Makuch and Malloy Logan and Bristol/Plymouth Vocational Tech senior Michael Bruner put in a substantial amount of time and effort to construct a standpipe/sprinkler prop that will allow us to practice utilizing these devices during training. The prop includes a 4" Fire Department Connection (FDC), a standpipe connection, and multiple sprinkler heads. The prop is made with real parts and is fully operational, allowing us to flow water through it and utilize every aspect of the prop to accurately simulate real world conditions. Nice job guys!"



*A huge congratulations to our three co-op students on a job well-done!*



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## Hayden Research Campus... *continued from page 1*

"good job." But there are not many who stand behind their commitment to a general contractor when an accepted project bid has the potential to "run off the rails." But after several decades of challenging installs, PSI knows how to think on our feet and monitor every detail to achieve a successful conclusion.

Call PSI the next time you need a reliable, dedicated team for your big project. We'll:

- fabricate the pipes in our in-house shop;
- transport piping to the location;
- tackle the installation (even under adverse circumstances);
- create pipe labels for different systems;
- even hire the insulation crew to ensure correct color-coding to industry standards for all systems.

PSI is your "triple threat" when it comes to **remarkable service, remarkable expertise, and remarkable value.**

Request a free consult today by calling 508.644.2221.



*75 Hayden Avenue's massive penthouse mechanical room.*



We're doing our part!

