

PIPELINE

PIPING SYSTEMS INS

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

FALL 2023

6th Successful Year: 2023 PSI "Tee for Cancer Free" Golf Tourney Generates Over \$42,000 for Breast Cancer Research

Thank you, once again, for sharing the day with us at the **Megan Lally Memorial Fund's 6th Annual "Tee for Cancer Free" Golf Tournament**, where together we generated more than \$42,000! Everyone at Piping Systems is profoundly grateful for the incredible community that united in support of the fight against Metastatic Breast Cancer.

It was a beautiful day for the more than 150 players and volunteers who showed up to help us raise another incredible sum to help researchers find a cure for a terrible cancer. Thank you for your continuing support!

Winners were as follows:

1st – **Tradesource, Inc** (George Grayson, Gordon Sigman, Dean Amoroso and Dennis Warburton)

2nd – **CWB Contractors, Inc.** (James Leonard, Lawrence Leonard, Stephen Leonard and Chris Sulmonte)

3rd – **Freetown Fire Dept.** (Neal Lafluer, Keith Mello, Kevin Smith and Paul Ashley Jr)

There were 2 longest drives: **Steve Miley** from **Edelman Financial** and **Mike Volkman** from **FB Insure**

There were 2 closest to the pin winners: **John O'Leary** from **W A O'Leary** at 10' and **Brian Flynn** from **Tradesource Inc.** at 36'.

Sponsors were as follows:

Platinum: (Title Sponsor)
Independent Pipe & Supply

Gold: **Phoenix Mechanical** and **W.A. O'Leary**

Silver: **Edelman Financial**, **Emond Plumbing & Heating Inc**, **F.W. Webb**, and **Preferred Mechanical**

We also had a surprise appearance by **Warren Hudson**, original retired owner of **L C Anderson**

Hole in One was sponsored by **Central Dodge** and they came with a brand new Jeep Wrangler hybrid with all the bells and whistles

Host **Piping Systems** sponsored the Putt for Dough and the Air Cannon, which is always a lot of fun and raised over **\$2,400**.

Jimmy Schell of **JE Schell Welding** won the 50/50 raffle and donated his winnings back to the non-profit fund!

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What Do You Know About the U.S. Government?

In the case of a tied vote in the U.S. Senate, is the deciding vote cast by...

- A. The vice president
- B. The president
- C. The Senate majority leader
- D. The Senate parliamentarian

A filibuster in the U.S. Senate can be used to prevent legislation from coming to a vote. Of the 100 U.S. senators, how many votes are needed to end a filibuster?

- A. 51
- B. 60
- C. 67
- D. 70

How is the number of terms a president can serve determined?

- A. Article II of the U.S. Constitution
- B. Custom and precedent
- C. The 22nd Amendment of the Constitution
- D. There is no limit to the number of terms a president can serve

The U.S. Electoral College...

- A. Is another name for the U.S. Congress
- B. Is an assembly that formally elects the president
- C. Trains those who run for political office

Which of the following rights is guaranteed by the First Amendment to the Constitution?

- A. The right of free speech
- B. The right to bear arms
- C. The right to privacy
- D. The right to remain silent
- E. Supervises the presidential debates

Which political party currently has a majority in the U.S. Senate?

- A. Republican Party
- B. Democratic Party

Which political party has a majority in the U.S. House of Representatives?

- A. Republican Party
- B. Democratic Party

Answers: A, B, C, B, A, B, A

Advancing Fire Safety with Prefab

Unveiling the Benefits of Prefabrication in Fire Protection Systems

In the realm of fire safety, innovation paves the way for enhanced efficiency and effectiveness. One such innovation that has transformed the landscape is the integration of prefabrication techniques in fire protection systems. In this article, we delve into the remarkable benefits that prefabrication brings to fire protection systems, drawing insights from the expertise of Piping Systems Ins.

- **Prefabrication: A Game-Changer in Fire Protection:** Prefabrication optimizes construction processes and expedites fire protection system deployment.
- **Enhanced Quality and Consistency:** Controlled environments during prefabrication ensure superior quality and consistent results.
- **Time and Cost Efficiency:** Installation timelines are shortened, and labor costs decrease, providing a competitive edge and faster operational readiness.
- **Mitigating On-Site Disruptions:** Prefabrication reduces on-site disruptions, allowing businesses to continue operations smoothly.
- **Seamless Integration of Components:** Precise integration of pipes, fittings, and devices is achieved through prefabrication, minimizing errors.
- **Precision and Accuracy:** Prefabrication enhances accuracy and safety by minimizing on-site work.
- **Safety Enhancement:** Safety is a top priority in any construction project. Prefabrication reduces the need for extensive on-site work, minimizing potential hazards for workers and occupants alike.
- **Optimized Resource Utilization:** Maximizing material and resource use reduces waste and environmental impact.
- **Flexibility and Customization:** Prefabrication techniques adapt to project requirements without compromising efficiency.
- **Minimized Rework and Post-Installation Modifications:** Prefabrication leads to fewer post-installation modifications and delays.
- **Elevated Expertise and Collaboration:** Collaboration is streamlined with prefabrication, ensuring alignment from the outset.
- **Environmental Responsibility:** Prefabrication minimizes waste, energy consumption, and emissions, aligning with sustainability.

The benefits of prefabrication in fire protection systems are undeniable. From heightened quality and efficiency to minimized disruptions and enhanced safety, prefabrication represents a paradigm shift that aligns with the modern demands of construction.

Piping Systems Ins. stands as a shining example, leveraging prefabrication to provide clients with superior fire protection solutions. By embracing the future of fire safety through prefabrication, you'll experience the transformative advantages that optimize protection, efficiency, and sustainability.

The team at PSI has been serving Massachusetts and Rhode Island as fire protection systems experts for over 50 years. Our estimators, project managers, and team members coordinate with outside resources to design and manage fire protection systems projects for a wide variety of industries and applications. Whether you are contemplating a brand new building, renovation or alteration, installation of a fire pump, or anything related to your fire protection system, you can be assured that your project will be handled with the proficiency that comes with over 50 years of experience.

The Influence of Social Media on Mental Health

Who doesn't wish that humans practiced healthier online habits? While social media platforms, like Instagram, have taken steps to reduce the negative effects of excessive "likes" and comparisons, social media platforms still pose mental health challenges. Why? Because social media triggers the brain's reward center, releasing dopamine, and can be addictive, leading to anxiety, depression, and physical ailments.

With 69% of adults and 81% of teens in the U.S. using social media, a significant portion of the population faces increased risks related to their mental health. The unpredictability of outcomes, such as likes and comments, keeps users engaged and anxious.

Social media encourages comparisons, fosters FOMO (fear of missing out), and negatively impacts sleep, which can lead to depression and anxiety. The earlier teens start using social media, the greater its impact, especially for females who may experience relational aggression.

Unrealistic and filtered images on social media often exacerbate body image issues. Individuals should self-monitor their social media use to reduce its emotional impact and to set limits to maintain mental well-being.

Con't in next column >



Roughly 50% of U.S. Pet Owners Consider Their Pets Equal Family Members to Humans

A recent Pew Research Center survey reveals that in the United States, pets hold a special place in many households. About 62% of Americans own a pet, with 35% having more than one. Importantly, 97% of U.S. pet owners consider their animals to be part of their family.

Notably, 51% of pet owners go a step further, viewing their pets as equal to human family members. This sentiment is more common among women (57%), individuals with lower family incomes (64%), and urban dwellers (61%). Age, race, and ethnicity do not significantly affect this view.

Among the unmarried and those without children under 18 at home, pets are most likely to be regarded as equal family members.

When it comes to dogs versus cats, slightly more dog owners (53%) than cat owners (48%) view their pets as akin to human family members.

Certain demographic factors influence pet ownership. White and Hispanic adults are more likely to own pets than Asian or Black adults. Rural Americans are particularly inclined toward pet ownership, with 71% having pets, and they are also more likely to have multiple pets.

In terms of public perception, 26% of Americans believe there is insufficient emphasis on pet well-being, while an equal percentage feels there is too much emphasis. Pet owners are more likely to desire more attention to pet well-being, while non-pet owners tend to believe there is already too much focus.

Source: Pew Research Center

Parents are advised to establish family device usage plans, teach kids healthy media habits, and be mindful of their own device use as a model for their children.

In conclusion, while social media has positive aspects, such as keeping friends and family better connected and allowing instant dissemination of knowledge, it can pose significant mental health risks. Individuals and families should take proactive steps to mitigate these risks and foster healthier online habits.

Source: www.mcleanhospital.org

"Parents' frequency of electronics use can set the tone for what is permissible to their children. If you want your children to put their phones down at dinner, that will be more likely to happen if you do the same."

– Dr. Jacqueline Sperling

PSI's 2023 Golf Tournament...

The day was a success due to all of our sponsors, golfers, and the team that organized the event (that means you, **Sharron, Stacey, Jason, Diane, Aurora, Pauline, Rachel, Lori, and Morgan.**) PSI had many team members working in the background to ensure our players were well served.

Thank you Morgan Taylor Purcell For once again donating your photography services.

There are many exciting discoveries being made in the battle to eradicate Metastatic Breast Cancer. This cause is near to the hearts of all of us at PSI who knew and loved Megan and her mother, Pauline Lally. We support those who are fighting it one step at a time. Thank you all once again, from the bottom of my heart.

Net proceeds from this event will be presented to the Metastatic Breast Cancer research department at the Comprehensive Breast Cancer Program at UMass Memorial Medical Center.

Your generous donations, generous sponsorships, and continuous registration at this event goes a long way toward helping those afflicted. We can't wait to do it again next year!

- Jason Taylor



For more pictures and information to sign up next year, go to our [blog post](#).

Americans Wary of AI Despite Its Proven Benefits in the Trades

According to a recent survey by the Pew Research Center, Americans have increasing unease about the role artificial intelligence (AI) is taking in our everyday lives. Unease has more than doubled since December 2022, although about one-third of Americans still have mixed feelings about the matter and 10% of those surveyed were actually excited about AI's potential.

Age Factor in AI Perception:

The older you are, the more uncomfortable you are with AI. 61% of adults aged 65 and above express concern over AI, while only 4% are excited. Yet of young adults aged 18 to 29, only 42% are concerned and 17% are excited.

Increasing Awareness of AI:

While most of us are familiar with the term "AI," more than half of adults say they know very little about it--yet they still rely on Siri or Alexa and use suggestions from Netflix on what to watch next or Amazon to consider what to buy next. In fact, when it comes to shopping, 49% believe AI is beneficial when searching for online products or services. Only 15% don't like it.

The mechanical contracting trades have seen significant AI adoption and technological

advancement in recent years. Here are the top 7 trending use cases:

- 1. Predictive Maintenance** reduces downtime, increases efficiency, and prolongs equipment life.
- 2. Energy Efficiency Optimization** uses data points like outside temperature, room occupancy, and historical data to optimize equipment performance and ensure optimal temperature conditions.
- 3. Smart Thermostats** learn from user behavior and preferences.
- 4. Air Quality Monitoring** assesses indoor air quality in real-time to improve conditions by increasing ventilation or adjusting humidity levels.
- 5. Demand Response Integration** monitors electricity prices, reducing or shifting loads during peak demand times, saving on energy costs.
- 6. Remote Monitoring** and control allows Facility Managers to monitor multiple building systems remotely using AI-driven platforms, receive alerts for irregularities, and then make remote adjustments.
- 7. Automated Fault Detection** detects and diagnoses leaks and malfunctioning components, then provides actionable insights or recommendations.

"Artificial intelligence is not a substitute for human intelligence; it is a tool to amplify human creativity and ingenuity."

- Fei-Fei Li