



June 2010
Newsletter

Gabriel Gazette

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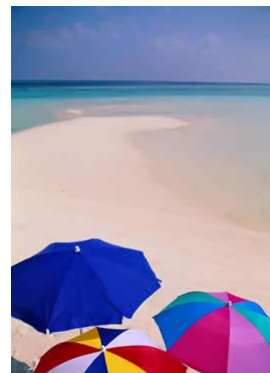
Stay Cool This Summer

As Chicago gears up for another summer, Gabriel would like to remind everyone that staying cool is vital for your health during hot summer months! Overheating can cause some serious health problems, but running your A/C constantly to battle the heat can cause your wallet problems, too. Here are some hints to stay cool this summer.

1. **Let the Breeze in!** During the summer the windows in your house or apartment matter. Make sure you have white window shades or blinds to reflect the sun. Keep these shades closed during the day, especially over any windows that may be facing south or west. Another tip is to wash your sheets and hang them to dry over the windows, letting the air evaporate and creating a cooling effect.

2. **Use ceiling fans!** A ceiling fan, simply by circulating air in a room, can make the area feel up to seven degrees cooler, for a significantly lower cost than running A/C. The EPA estimates that [central A/C can cost](#) between **\$0.16 - \$0.52 an hour** - that's up to \$375 a month! Even the least energy efficient fans run at no more than \$35 a month. Also, using a fan to disperse cooler air will help the A/C work more efficiently and keep costs lower.

3. **Be smart about fan usage.** Now that you've followed Tip #2, remember that fans cool *people*, not *rooms*! Although fans circulate air well, the benefit is to the person, not the room. Remember to **turn off fans in unoccupied rooms!**



4. **Install a geothermal HVAC system.** If you're looking for big savings over time, consider installing a [geothermal HVAC system](#).

Save the Date!



Mark your calendar now for the annual Gabriel Open House!

Gabriel is pleased to announce that this year's Open House will bring the return of **Octoberfest** to Elston Avenue!

**Date: Thursday,
September 16th, 2010**



With food, drinks, and live entertainment, this year's Open House is sure to be one of Gabriel's most exciting yet! Don't delay - mark your calendars today!



Using the constant temperature of the earth itself, geothermal systems, while more expensive to install than traditional HVAC methods, are **substantially** less expensive to operate long term.

Contact [John Polich](#) to see how Gabriel can assist you with your geothermal needs.

Beat the heat with these tips, and don't forget to **drink plenty of water** or other hydrating fluids during summer months, especially if you're taking advantage of the warm weather to exercise outside!

Get to know Gabriel: Sarah Polich

Sarah has been working for Gabriel for over 10 years as the Business Manager. She graduated with a BA from Georgetown University and is currently pursuing her MBA in Marketing at DePaul University.



In addition to her work keeping Gabriel running smoothly, Sarah is actively involved in activities throughout the Chicago community. Sarah is on the board of directors of the Academy Associates for the Chicago Jesuit Academy and spends much time promoting awareness about CJA and encouraging involvement through effective community action in the forms of volunteer service, social fundraising, and other initiatives.

Sarah also has invested a tremendous amount of time coaching volleyball throughout the years. Fueled by a love of volleyball which ignited when she was young, Sarah has done everything from assisting with summer skills camps for middle school girls to being head coach of a high school team.



Sarah, left, atop Table Mountain in Cape Town, ZA

A passion for travel has taken Sarah to all corners of the world. This year, she even had the great fortune to attend the World Cup in South Africa! After cheering the US on against Slovenia, Algeria, and Ghana, she managed to find some time for sightseeing some zebras, giraffes, elephants and hippos!

To learn more about Sarah or how you can get involve with Chicago Jesuit Academy, contact [Sarah Polich](#) at (773) 486-2123.

Environmental Links

[Environmental Protection Agency](#)

[Illinois Environmental Protection Agency](#)

Know Your Bike Route



If you've taken to biking around Chicago this spring and summer, you might find it helpful to know which roads are most accessible and safe for bikers.

The City of Chicago website has an [electronic bike map](#)

Hurricanes Could Slow Oil Cleanup

As Hurricane Alex, the first Atlantic hurricane of the year, approaches the



available for free use on their website.

If you're a person who likes to carry maps with them, however, you might want to consider buying one from Active Trans. Their [5th edition Chicagoland Bike map](#) is \$10 (or \$5 for members) and shows routes all the way from Lake Geneva to Grundy County.

Gulf of Mexico, the challenges of cleanup efforts of the BP Oil Spill are once again becoming apparent.



While Alex is expected to miss the oil spill area by several hundred miles, storms can be unpredictable, and a [BP Senior VP announced](#) that turbulent seas caused by Alex will delay the latest cleanup efforts by at least a week.

Despite this delay, BP is hoping that efforts to stem the leak by August will continue on schedule. However, with many meteorologists predicting a turbulent hurricane season ahead, many are feeling a bit nervous.

To follow the efforts which have been and are being attempted to fix the leak, visit the interactive page on the New York Times' website [here](#).

GABRIEL Environmental Services
1421 N. Elston Ave. Chicago, IL 60642 773-486-2123 ph 773-486-0004 fax
www.gabrielenvironmental.com

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