



September 2009
Newsletter

Quick Links

[News](#)

[More About Us](#)

[Online Assessment
Order Form](#)

[Gabriel Gazette
Archives](#)

Chicago is #1!

According to a [report in the Chicago Tribune](#), Chicago tops the list of most LEED certified buildings of any city in the country!



As of the end of August, Chicago had 88 LEED certified buildings, with 4 more expected to pass certification by the middle of September.

If you are interested in

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Thanks for Joining Us!

Thank you to all our clients, family and friends who joined us at this year's Open House. This year's Last Bash of Summer was the largest Open House in Gabriel history!



With a great band, geothermal and solar tours, and copious amounts of food, the night was hopping!



Did you notice our shutterbugs wandering around the event? Check out pictures from the event on our

learning more about LEED certification and how it may help you in building and selling a property, or if you are a LEED-certified developer who would like to learn how Gabriel can assist you, contact [John Polich](#) at (773) 486-2123.

Environmental Links

[Environmental Protection Agency](#)

[Illinois Environmental Protection Agency](#)

Worried about H1N1?

This fall, more and more people are beginning to worry about the emerging threat of H1N1 flu.

To minimize your risk of contracting flu, follow these tips:

Wash your hands!

The easiest way to get rid of germs is to make sure the most common place you pick them up is clean.

Sneeze and cough into a tissue, and then throw it away! If you don't have a tissue on hand, **use your elbow**, not your hands!

Get both a flu vaccine and the H1N1 flu vaccine when they become available in your area.

[website's calendar page](#) and see if our photographers caught you in action!

Gabriel is Super!

Gabriel is a "Super Site" in the upcoming 2009 Illinois Solar Tour! We will be showing off our geothermal, solar and rain barrel systems on Saturday, October 3rd to all interested parties. This is a **free**, self-guided tour.

Feel free to come on by and see our array of photovoltaic and solar thermal panels. Gabriel currently has the 3rd largest PV array in Illinois installed on a commercial building.



To learn more about the Solar Tour and how it works, visit the [Illinois Solar website](#).

What's the big deal with geothermal?

Those who [attended our Open House](#) on September 10th had the opportunity to tour our new geothermal system and learn about its benefits.



In fact, many are wondering now why this renewable heating source isn't being used everywhere. The EPA calls geothermal energy "the most energy efficient, environmentally clean and cost effective systems available to homeowners today."

Geothermal heat systems are beginning to garner much more attention due to both new tax incentives being offered, as well as the fact that this technology is based around relatively simple ideas. Geothermal energy is unique in that it takes heat from the earth itself and uses it to cool or heat a building.

A few feet below the surface of the earth, the temperature becomes nearly constant. Geothermal (ground source) heat pumps circulate a heat exchange media in a series of pipes installed in the ground. This fluid either picks up heat (winter) or disperses it (summer) below ground. On recirculation, this fluid is used to heat or cool the building.

Many geothermal systems pay for themselves within **2-4 years!** After your equipment is paid off, you then pay only



If you do contract an influenza like illness (ILI), **stay home until at least 24 hours after your fever disappears** to reduce the likelihood of spreading germs.

Teach children to follow these steps, too! New research shows that H1N1 may be a variant of a virus which went through the population several decades ago, and therefore some older adults may already have immunity to the virus.

Most young children have no natural immunity to H1N1 and are especially likely to spread germs through everyday contact.

Check in with [FluView](#), the CDC's weekly flu analysis, to see how your area is being impacted by different flu strains.

1/3 of what you paid in the past to heat and cool your building. And your maintenance costs for your HVAC equipment drop 65-80%!

If you are interested in learning how you or your company may benefit from geothermal energy, contact [John Polich](#) at (773) 486-2123 today!

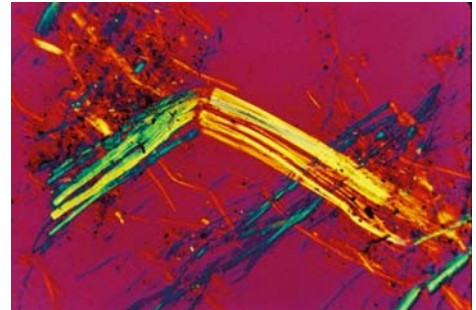


Protect Your Home

September is [National Preparedness Month](#), and Gabriel encourages everyone to protect their homes, not only by preparing for disasters, but also by protecting their homes from hazards which may already be present. Being aware of the potential dangers within your home can be one of the most vital ways to be proactive about your own safety. Three of the largest common household hazards remain as **mold, asbestos, and lead**.

Mold is just about everywhere, indoors and out and can lead to allergic reactions, asthma and other chronic lung ailments. Since mold is an airborne threat, Gabriel's microbiologists provide comprehensive Indoor Air Quality (IAQ) assessments at any residential or commercial location.

Asbestos, when intact, is not an issue. However, if it's disturbed, asbestos fibers can be inhaled and lead to serious health problems, including mesothelioma, a form of cancer. Today, asbestos is banned in most buildings and building materials and is highly regulated by OSHA and the EPA.



Lead is a naturally occurring element in the earth's crust, but much of the lead emitted into the atmosphere is in the form of inorganic salts resulting from human processes. While the presence of lead in the environment does not always lead to exposure or adverse effects, long-term low exposure or short-term high exposure can cause detrimental effects. Lead in drinking water, soil and deteriorating/chipping paint can lead to a host of adverse behavioral, developmental and neurological conditions, with children being especially susceptible.

Gabriel has significant experience in sampling, testing, and remediation when the existence of any of these substances is in question. Please contact [Bill Gray](#) with any questions at (773) 486-2123 or (219)-972-1110.

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