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The Night That Changed Football Forever

# THE NIGHT THAT CHANGED FOOTBALL FOREVER

## HOW FANTASY FOOTBALL GOT ITS START

Every year, 40 million Americans (and even entire offices) play fantasy football, "drafting" players from across the NFL for their virtual teams and competing for money and bragging rights. Maybe you have a virtual team in the locker room as you're reading this! But where did the concept of fantasy football start?

According to the Encyclopedia Britannica, the gridiron trend began in a New York City hotel room in 1962 — a night that changed football forever. There, a group of friends led by Oakland Raiders part-owner Bill Winkenbach created the first fantasy football league. They dubbed it the Greater Oakland Professional Pigskin Prognosticators League — or GOPPL for short. Apart from the point values assigned to different accomplishments on the field, their original model wasn't very far off from the fantasy football of today.

"The league members would 'draft' actual National Football League (NFL) and American Football League ... players to their fantasy franchises, and on the basis of the actual performance of those players in games, the members would accrue points and compete against each other," the encyclopedia reports.

Early fantasy football leagues were complicated undertakings. In the days before the internet, members had to agree to reference the box scores in a particular newspaper's sports pages and "draft" their teams in the same room on long phone calls, or even via snail mail.

CBS Sports began offering online fantasy football leagues in 1997, and today it's even easier to play. The sport is built right into the NFL website (Fantasy.NFL.com), and you can join a free league or start a league of your



own with a click! Whether you're a former player or a superfan who wants to play coach for a day, fantasy is a great way to stake a personal claim in the sport and connect with friends while you do it.

Check out the article "How to Play Fantasy Football: A Beginner's Guide" on NFL.com to learn the basics. It's updated annually, so make sure you hunt down the 2021 version! When you start, don't forget to salute Winkenbach, the official "Father of Fantasy Sports."



## Remodeling Your Home or Building?

### 2 Tips I Learned From My Crazy Kitchen Renovation

This summer, Kaye and I hired a renovation company to remodel our kitchen. They found out pretty quickly that renovating the home of an indoor air quality expert isn't just another day on the job. I think it really hit them when I handed over a fan on their first day of work.

"Look, I'm an indoor air quality guy," I said. "If you're painting, sanding, or cutting anything inside the house, please open a window and use this to blow the dust outside. I also want you to put plastic on the doorways to isolate the kitchen from the rest of the house." I don't think they'd heard that one before!

The workers didn't know it, but I also decided to conduct a little experiment while they were there. I thought it would be interesting to track the particles of heavy and fine dust that accumulated in the air during the remodeling project. So, I set up my laser particle counter to take a reading every 15 minutes until the whole ordeal was over.

The job Kaye and I needed was pretty simple. We're building a new house, so we wanted to do a little remodeling on our old one before selling it. That meant repainting a few walls, expanding our pantry, replacing countertops and door handles, and resurfacing our old brick fireplace. It wasn't a complicated project but, boy, was it disruptive and dusty! For two weeks, Kaye and I lived out of our master bedroom, and during the whole thing, my laser particle counter ticked on.

From day one, it was easy to see an elevated level of dust in the air. This didn't worry me too much — some dust is inevitable if people are sanding things in your living room — until one day I came home to see a whole cloud of it floating throughout our bottom floor! I grabbed the fan, dashed into the kitchen, and set it up to blow the nasty stuff out of a window.

The contractors working watched me with a mix of alarm and guilt on their faces. They'd clearly forgotten my instructions, but

after the looks I gave them, they never did again! From that point on, we finished the remodel almost without a hitch.

I say almost because before I hired the remodelers, I asked for their insurance certificate and discovered the workers weren't covered by workers' compensation insurance. That meant if someone was hurt on the job, they could sue me! When I pointed this out to the head contractor, he promised his team had so much experience it wouldn't be an issue. I agreed to work with them, but of course, on the very first day, one of the workers fell off a ladder. Fortunately, he only bruised his shin — but let me tell you, my heart stopped when I heard the crash!

At the end of the whole ordeal, we had a new kitchen, there was no lawsuit in sight, and my laser particle counter had gathered nearly 3,000 data points. (To check out what I learned about the air Kaye and I were breathing during those 30 days, turn to Page 2.)

If you're remodeling your home or a section of a building you manage, you can learn a few things from my remodeling experience. First, always confirm that your contractor has workers' compensation insurance and/or that their staff won't sue you. Second, make a real, serious fuss about having the renovation team blow dust out of the house rather than into it. The same principles apply during a commercial building renovation on an occupied floor. Consider adding special air filters to your air handler unit to capture dust and insist that the contractors add air filters within the construction space. This will help filter the dust, particles, and smoke the remodel generates.

Ultimately, in order to control the quality of your air during a remodel, you need to control your contractor. Take a leaf out of my book and deploy those dirty looks! The health of your tenants depends on it.

4

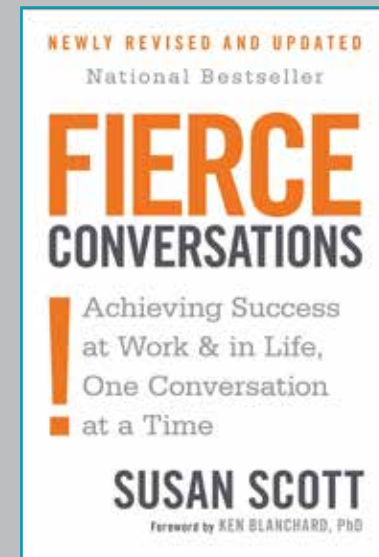


## 'FIERCE CONVERSATIONS'

Learn How to Get Your Message Across

So often, we talk to our friends, coworkers, and loved ones without actually saying anything. We'll beat around the bush on important subjects or hesitate to bring up sensitive matters. Global business coach and bestselling author Susan Scott has set out to change that. In her book "Fierce Conversations," Scott argues that the key to get more out of our personal and professional relationships is to learn to lower our barriers and convey our message honestly.

"Fierce Conversations" is one of those works born out of a simple idea with big implications. As the author explains it, "While no single conversation is guaranteed to change the trajectory of a career, a company, a relationship, or a life, any single conversation can." By having the communication skills necessary to create lasting bonds, handle strong emotions, and overcome barriers, you'll be prepared when crucial conversations present themselves.



Those who tend to judge a book by its cover may make the mistake of associating the word "fierce" with "aggressive." However, as a master of meaningful communication, Scott has found that it's important not to

force emotions one way or the other. As she observes, "If your behavior contradicts your values, your body knows." Instead of relying on fake bravado or false modesty, the author argues it's better that the bravery be genuine. Breaking down those social barriers to be authentic in our conversations takes true ferocity.

Scott does more than simply explain why frank and honest communication is important; she gives readers the tools to get there. Having spent years as a business coach, and now as the head of a firm that trains CEOs around the globe, Scott is well-versed in the art of teaching exercises. "Fierce Conversations" is brimming with action items, tactics, and tailor-made examples of how to communicate in every situation, from board meetings to parenting. If you're someone who likes concrete guides over vague concepts, this book will pleasantly surprise you.

## THE RESULTS ARE IN! 2 Weeks of Remodeling Wreaked Havoc on Our Home's Air Quality

The air quality Kaye and I experienced during our kitchen renovation can be summed up in two words: not good! As I mentioned on Page 1, I used my laser particle counter to collect data on the air we were breathing. Specifically, I analyzed two different particle types: PM2.5 and PM10.0.

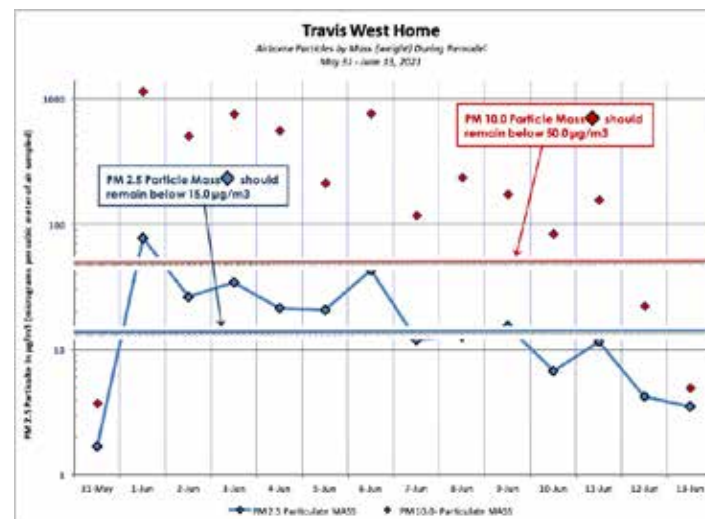
PM2.5 particles are very small, and you can actually breathe them in. They travel deep into the alveoli of the lungs and can cause allergic reactions and breathing troubles in people with allergies and asthma. They can also carry chemicals that cause long-term damage.

Ideally, the presence of these particles, measured by weight, should be kept under 15.0 µg/m3 (micrograms per cubic meter of air sampled). As you can see, during the first week of our remodel, our air had unsafe levels of PM2.5 particles because of settled dust from the kitchen areas. Yikes!

My laser particle counter also gathered data on PM10.0 particles, which are bigger than PM2.5s. Although you can breathe in these particles, they're considered "non-respirable." They'll make your skin and eyes itch and irritate your nose and throat enough to force you to cough or sneeze. PM10.0 particles should be kept below 50.0 µg/m3, but we had above-ideal levels every day of our remodel except for the first and last. These particles came from cutting, sanding, painting, and the other remodeling activities.

We did our best to keep the air healthy in our home during the renovation by opening windows and using fans to move dust and construction particles outside. Unfortunately, that still wasn't enough! (Perhaps because the contractors didn't always follow my instructions ...) Next time you remodel your home or building, keep this in mind and take as many precautions as possible.

*Travis West*



## 5 WAYS TO FIT EXTRA MOVEMENT INTO YOUR DAY

If you're restless at your desk, extra exercise and movement might be exactly what the doctor ordered. Even just a little bit of unplanned movement every day can help boost your mood and maintain good blood circulation. Here are five ways you can fit in extra movement without losing your productivity!

### NO. 1: PARK FARTHER AWAY.

It might be more convenient to park as close to your destination as you can, but parking farther away can add some extra steps. It's a small difference that certainly can't replace regular cardio, but it doesn't hurt either!

### NO. 2: DRINK MORE WATER.

Drinking plenty of water is healthy for flushing out bacteria in your system, but it's also a great way of helping you get up from your desk. The more water you drink, the more times you'll have to refill it in your kitchen or at the watercooler. And, on your way back to your workspace, take the long way around to say hi to your coworkers!

### NO. 3: STRETCH IN DOORWAYS.

Our shoulders and neck can quickly get sore from the amount of time we spend slouching in front of our screens. An easy way to relieve the stress is to press your hands on either side of a door frame, then lean forward as far as you can. If you don't have a doorway to use, you can try doing shoulder shrugs or neck rolls right at your desk to ease some stress or even just clear your head.

### NO. 4: DO MORE CALF RAISES.

One of the easiest exercises to do in public or at home are calf raises. Do this by simply raising your feet high off the ground



one at a time. Squats and lunges are also easy to do but may require more flexible clothing than you're wearing and a space where you can move freely.

### NO. 5: WALK FOR ALL OF YOUR PHONE CALLS.

Sometimes, people start walking naturally while they're on a phone call. Why not make it an intentional movement every time you take a call? Studies show that walking will keep your body in high gear by encouraging energy and productivity!

## SUDOKU

## HAVE A LAUGH WITH TRAVIS



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