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IT'S DAD'S DAY! 6 GIFTS DAD IS SURE TO LOVE

Dad is a very important person in your life! Every year when Father's Day rolls around, it can be tough to come up with the perfect gift, whether it be for your dad, a new father, your grandfather, or a father figure. Getting creative can be tricky, but this list is sure to help you with an idea or two for all different price ranges!

WALLET

Why not go really classic and opt for a thoughtful and practical gift? Most men's wallets see a lot of wear and tear. After all, they're sat on, toted around in pockets all day long, and sometimes forgotten about and sent through the wash. A new one just may be in order!

MASSAGE GUN

Massage guns are rising in popularity. To help Dad recover from soreness and injury or just a tough workout, a massage gun will do the trick! The best part is that they range in price, and you can even purchase one on Amazon!

APPLE WATCH STRAP

Does the dad you're celebrating own an Apple Watch? If so, help him customize it with a new Apple Watch strap. You can choose from many materials, colors, and designs so he can blend in or stand out as much as he wants.

A NEW COOLER

Men love their coolers — it's a foolproof Father's Day gift! Whether Dad loves to camp, fish, tailgate, go to the beach, or



barbecue in the backyard, he's sure to appreciate a new way to store ice, drinks, food, or bait!

TOOL BUCKET ORGANIZER

Is your dad a bit of a handyman? Help him get organized and never lose track of his tools again. Tool bucket organizers come in many forms and, again, can be purchased right online, making your shopping easy!

BLUETOOTH HEADPHONES OR SPEAKERS

If your father doesn't have Bluetooth headphones or speakers yet, he's missing out. The opportunity to jam out wirelessly while working out, cutting the grass, doing hobby work, or just relaxing is effortless with this thoughtful gift.



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WE'RE BUILDING A NEW HOUSE!

A Look at My Hectic, Exciting Summer

This is going to be a very exciting summer for me and Kaye: After years of planning, we've finally broken ground on our new house in the Texas Hill Country!

I can hardly believe it. Many months ago, Kaye and I purchased an 8.34-acre lot on a U-shaped piece of hilltop property near Luckenbach. (Read more about the town's fascinating history on Pg. 2.) It's right in the heart of Texas wine country with wineries, distilleries and dance halls only a few miles away. The land itself is a beautiful place, and we plan to build our new home on the hilltop overlooking our little valley. There are lovely rural views from that spot over the hills to the north and east.

There is absolutely nothing wrong with our current home, except that it's a little too small. At 1,900 square feet, there aren't enough bedrooms for all three of our daughters, their partners, and all of our grandchildren to stay with us at the same time. Our new house will be 2,900 square feet with a bedroom for each daughter and space for the grandchildren, too.

The location in wine country is a bonus. Kaye and I have a lot of friends scattered around Texas and even back in Wisconsin who won't hesitate to visit when a winery tour is on offer. Plus, now we'll have plenty of room to accommodate them!

As I write this, we've already selected all of the light fixtures, plumbing fixtures, appliances, and other finishings for our home. It was a hectic few months of decision-making, but now it's time for us to hurry up and wait. As the summer progresses, the builders will lay the slab for the house and begin putting up basic framing, siding, and more.

It will probably be August or September before they get to work on the internal portion of the house. Kaye and I are certainly looking forward to it, but in the meantime, we have plenty of work and family to keep us occupied this summer.

Our oldest daughter, Shelley, is planning to come home from South Korea — where she teaches on a military base — and stay with us for six or seven weeks this season. We're looking forward to seeing her for the first time in quite a while! Our youngest daughter, Monica, may also make the trip from California to Texas with her husband, Victor, and our grandchildren, Hank and River. It will be great to see them and enlist both Monica and Shelley in the process of organizing our current house for the move to the Hill Country.



I certainly see our new home as my eventual retirement house, but I'm not retired just yet! Between building questions and family time, I'll be working hard for you this summer chasing those pesky IAQ problems in commercial buildings. I'm particularly looking forward to a bit more continuing education.

Building Science Summer Camp is coming up in August, and Kaye and I plan to make the trip to Westford, Massachusetts, for it. The event will be a good chance for me to catch up with friends in the industry who I haven't seen in person for three years! Kaye and I may even go a bit early to visit family in Burlington, Vermont, too.

I hope your plans for this summer are as exciting as mine! Just remember that no matter how busy I am with family and friends, I'm never too busy for you. Call me any time with your IAQ questions and problems, and I'll be out to your building ASAP.

Travis West

UNLOCK YOUR 'HIGH PERFORMANCE HABITS'

AND GAIN LONG-TERM BUSINESS SUCCESS!

Did "Atomic Habits" by James Clear change your life in 2018? Was "Tiny Habits" by BJ Fogg one of your top books of 2019?

If you've read those two bestsellers, you're a step ahead of most entrepreneurs. But you might still be sleeping on one of the original books on the power of habits, which is packed with gems you can't find anywhere else: Brendon Burchard's 2017 read "High Performance Habits: How Extraordinary People Become That Way."

Brendon Burchard is a legend in the world of personal development coaching. Oprah.com called him "one of the most successful online trainers in history," and more than 2 million people have taken his online courses. But with the help of your local library, you can start learning his secrets to success without paying a cent.

In "High Performance Habits," Burchard recommends six specific habits that will help you reach your personal and business goals. He calls this the HP6 model.

1. Seek clarity.
2. Generate energy.
3. Raise necessity.
4. Increase productivity.
5. Develop influence.
6. Demonstrate courage.

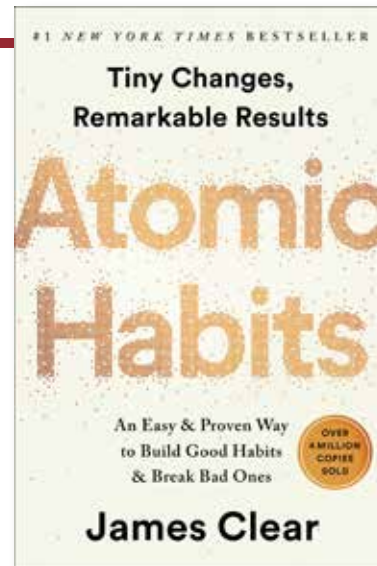
As you can see, these aren't your basic healthy habits like "drink water" and "get eight hours of sleep"! Burchard calls the first three "personal

habits" and the last three "social habits," and in the book he uses real-life examples to explain each habit. He also offers daily exercises that will help you form them.

It takes multiple keys to unlock each habit. For example, to demonstrate courage, Burchard says you must "share your truth and your ambitions" by telling someone about your goals every day. But that alone isn't enough. To truly form the habit, you also need to reframe struggle and zero in on someone worth fighting for — whether that's your team, your clients, or your children.

"High Performance Habits" is a business book, but it's also a personal development book. It will force you to dive deep into your strengths, weaknesses, and motivations to unlock your real high-performance potential. You can use it to fit more tasks into a day, increase your confidence, or become a better leader — whatever your business needs!

Pick up a copy today to see why Andrew Burns of Medium calls this "the epitome of a book that needs more than one read."



THE WACKY WORLD OF IAQ

TRAVIS INVESTIGATES A DRUG-FILLED WAREHOUSE

I've seen a lot of crazy things over my decades in the indoor air quality (IAQ) business. I've crossed rickety bridges, braved drug-filled warehouses, and hobnobbed with nuns. After years of getting asked the question, "Travis, what is the craziest thing you've ever seen on the job?" I finally decided to share my wildest experiences in this newsletter!

To kick things off, I want to tell you about my trip to a drug holding facility in on the Texas Border, where I discovered both a serious mold problem and what the federal government really does with confiscated marijuana.

The facility was on the U.S.-Mexico border, positioned near a major conduit for smuggling marijuana. Thousands of pounds of confiscated pot — seized in pallets, bricks, or simply backpacks — was stored there. And apparently, they had an air conditioner problem.

The giant, pot-filled warehouse should have been at 75 degrees F and 55% (or less) relative humidity. But when I arrived, the air conditioning was malfunctioning. Instead of continually blowing dry air in and exhausting it out, it was only bringing in lots of damp outdoor air. Moisture had built to nearly 70% humidity ... the perfect environment for mold.

Imagine my face when I realized I was surrounded by thousands of pounds of moldy marijuana!

It took me two days to identify the source of the problem and survey the damage. My biggest concern was the mold, but this wasn't an ordinary investigation. I didn't need to recommend a pathway for remediating the marijuana. Instead, the facility managers did what they would have done anyway: Loaded it onto a truck, took it to an incineration plant, and burned it! Ultimately, my recommendation was simply to empty and clean the warehouse, and repair the air conditioner.



The whole thing was quite the adventure, not least because I went home smelling strongly of marijuana! I passed every checkpoint with my point of contact's business card in my hand, ready to explain why the drug-sniffing dogs found my truck so interesting. Fortunately, I never had to use it!

Look forward to more "IAQ in the Strangest Places" stories in future newsletters.

Travis West

A TEXAS TOWN WORTH SINGING ABOUT

THE CRAZY-BUT-TRUE STORY OF LUCKENBACH

Just 10 miles from the site of Travis' new home in the hill country is the tiny town of Luckenbach, Texas. This hamlet could have been the origin of the phrase "blink and you'll miss it." It's home to a general store, a bar, a dance hall, and a post office — and that's just about it. But for such a tiny town, Luckenbach has a fascinating history.

As the legend goes, Luckenbach was named by a woman in love. The town was founded by traveling preacher the Rev. August Engel and his family. They lived outside of Fredericksburg, Texas, and Mrs. Engel opened a country store and Indian trading post near their home in 1849 that's still standing today. A brand-new town grew up around it!

When it was time to name the hamlet, the Engel's daughter, Minna, chose Luckenbach to honor her fiancé: Carl Albert Luckenbach. It was a good name. Carl's father, Jacob, immigrated from Germany to the U.S. in the mid-1830s and helped secure the state's independence in the war with Mexico.

From there, Luckenbach's story just gets stranger. An eccentric writer named John Russell "Hondo" Crouch bought the town in 1971 from Benno Engel for \$30,000, declared himself mayor, and turned it into what Southern Living calls "a country music mecca." The Luckenbach dance hall and biergarten still host live music every night, even though only 13 people live there!

Hondo died in 1976, and a year later, country singer Waylon Jennings released a song called "Luckenbach, Texas (Back to the Basics of Love)." He sang,

*"Let's go to Luckenbach, Texas
With Waylon and Willie and the boys
This successful life we're livin' got us feudin'
Like the Hatfields and McCoys"*

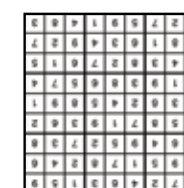
Perhaps the best lyric comes later: *"Out in Luckenbach, Texas, ain't nobody feelin' no pain."*

If you haven't experienced Luckenbach yet, do yourself a favor: Visit LuckenbachTexas.com, pick out a concert, and swing by for a good time.



TAKE A BREAK!

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SWEET AND SPICY BBQ CHICKEN SKEWERS

Inspired by RecipeRunner.com

INGREDIENTS

FOR THE MARINADE

- 1 tbsp olive oil
- 2 tbsp soy sauce
- 2 tbsp chili garlic sauce
- 2 tbsp rice vinegar
- 3 tbsp honey
- Juice of 1 lime
- 3/4 tsp smoked paprika
- 1/2 tsp salt

FOR THE SKEWERS

- 2 lbs chicken breast, cut into bite-size cubes
- 1 small pineapple, cut into 1-inch cubes

DIRECTIONS

1. In a bowl, whisk together marinade ingredients.
2. In a reusable freezer bag, combine cubed chicken and all but 1/4 cup of the marinade.
3. Seal bag and massage marinade into the chicken. Chill in the fridge overnight.
4. The following day, preheat the grill to 400 F. Thread chicken and pineapple onto skewers, adding two cubes of chicken for each cube of pineapple.
5. Grill the skewers for 3–4 minutes per side, brushing with the reserved marinade in the final minutes.
6. Serve over rice or with your favorite barbecue sides!

