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This Wallet Is Trackable and Protects Against Fraud

A FORTRESS TO PROTECT YOUR CASH

THE PARLIAMENT SMART WALLET



We've seen it all — smartwatches, smartphones, smart robots ... but a smart wallet? The Parliament Wallet from Ekster is a fortress for your cash and credit cards, combating identity theft and protecting your cards against skimming. The wallet also comes with some pretty cool features and an affordable price tag!

Designed for sleekness and minimalism, Ekster's wallet is made of premium leather and is very thin, reducing bulk in your pockets. It

features an "ejection" feature, perfect for helping you locate the card you are looking for on the spot. With this wallet, gone are the days spent fumbling and fat-fingering your way through your wallet. At the click of a button, your cards fan out in front of you and then return back to their safe, tucked-away position.

If you've ever lost your wallet, you're surely familiar with the stress of trying to locate it and the pain of calling each card carrier to cancel your card and protect yourself against fraud. And replacing your driver's license and other ID cards? Forget it! This smart wallet contains a tracker card so you can locate it by GPS. You can even call your wallet from your phone and vice versa and sync up your wallet with Siri, Google Assistant, or Amazon Alexa.

The absolute best part about this wallet is that built-in radio frequency identification (RFID) protection prevents pickpockets from stealing your data and card information — the transmitted signal power of their readers is blocked so they are unable to read data from the microchip within your cards.

And to seal the deal, the final key is that at under \$100, the Parliament Wallet is affordable and well worth the small investment for convenience, safety, and style!



WHY I APPRECIATE AND RESPECT GOOD MANAGEMENT

My Exploration of a Class C Office Building

This spring, I visited a commercial building that reminded me just how good my usual clients are at building management and maintenance. I'm lucky enough to primarily inspect Class A and Class B commercial office buildings. That means I am used to a level of quality: marble entrances, great maintenance, responsive management, and on-site security. But every once in a while, I find myself roped into a different kind of inspection ... the sort that makes me want to go home and take a long shower!

This was just such a building. It was a two-story, 25,000 square-foot property built in the mid 1990s with enough cubicles for 80-100 knowledge workers. Given that COVID protocols were still in use, there were only five people in the office while the remainder of the staff was working from home. In an unusual twist, I was hired by the tenant who currently occupies the building. A large East Coast corporation had just purchased this business and were concerned about the health of their new staff — and rightly so.

The original owner of the business (and of the building) came to Texas from Asia in the 1990s and didn't value his staff or believe in providing a good work environment. One of his staff told us that he hired and fired rapidly, and if someone didn't like the working conditions, he would tell them to "take it or leave it." About seven years ago, the business owner sold the building to his brother-in-law ... who also decided to do bare minimum maintenance and avoid making improvements. At this point, the condition of the building went from bad to worse!



Recently, the business owner sold his company to the East Coast corporation (my clients). They walked through their newly-acquired space and thought, "My gosh! This is NOT a good place for our staff!" The trouble is they still have seven years left on their lease. Therefore, they called me to see just how bad the indoor air quality was and whether there was anything they could do to make it safe for their staff.

We spent an entire day surveying this building. Here are some of the most critical issues that we noted.

- There were dozens of water-stained and moldy acoustic tiles scattered across the two floors.
- We found almost 20,000 square feet of heavily stained, ripped, and torn commercial carpeting just waiting to trip anybody walking through the spaces.
- "New" laminate flooring was so poorly installed that it was lifting and peeling, causing another tripping hazard.
- Gaps, cracks, and voids in the exterior caulking around all windows let the rain pour into the building's perimeter walls. This water led to numerous stained acoustic tiles around the perimeter of the first floor.



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5 PODCASTS TO BOOST YOUR BUSINESS GROWTH

WE'RE LISTENING — ARE YOU?

All of these podcasts are available on Spotify, Apple Podcasts, and a variety of other platforms.

'How I Built This' — Have you ever wondered what it was like behind the scenes in the early days of Coinbase? What about Expedia, Mailchimp, or Ben & Jerry's? The "How I Built This" podcast from NPR dives into all of those stories and more during fascinating interviews with founders and CEOs. Find out what hurdles they faced, how they overcame them, and what lessons you can steal to level up your own business.

'Entrepreneurs on Fire' — This award-winning podcast is hosted by author and thought leader John Lee Dumas. On it, he interviews entrepreneurs like Tony Robbins, Seth Godin, Gary Vaynerchuk, Barbara Corcoran, and Tim Ferriss and extracts business tips for you. Tune in for episodes like "How to Raise \$400 million on the Internet and Build a FinTech Business with Jilliene Helman" and "Earn More with LinkedIn Sales Navigator with Julbert Abraham."

'Business Made Simple' — If you're a fan of "Building a Story Brand" by Donald Miller, then "Business Made Simple" is for you! On this podcast, Miller hosts and offers strategies for building and optimizing your business. He covers topics ranging from "How to Escape a Villain Mindset" to "Is Word-of-Mouth Marketing Dead?"

'BizChix' — "BizChix" is catered specifically to women entrepreneurs and hosted by business coach and strategist Natalie Eckdahl. The episodes mix

business and advice and training with on-air coaching calls and interviews. If you're looking for specific tips like how to pivot your client base or get in the hiring mindset, this podcast will be a perfect fit for you.

'Wisdom From the Top' — Hosted by Guy Raz of "How I Built This," this podcast expands beyond business leaders to glean leadership tips from all fields, including army generals, scientists, and reporters as well as CEOs. As the podcast's description puts it, "You'll hear accounts of crisis, failure, turnaround, and triumph, as the leaders reveal their secrets on their way to the top. These are stories that didn't make it into their company bios, with valuable lessons for anyone trying to make it in business."



... CONTINUED FROM COVER

- There were dozens of cubicles with such an unusual odor that they must have come from a chemical plant.
- We found pesticide odors and residue from moth crystals and other insect sprays used on plants in an interior atrium.
- The air handling units had locked and screwed shut covers, indicating that they probably aren't receiving regular maintenance. (We let the building owner know that we wanted to inspect these several days before our survey. On the day of our visit, his maintenance man surprisingly "took a day off.")

"They walked through their newly-acquired space and thought, 'My gosh! This is NOT a good place for our staff!'"

As you might imagine, there were elevated levels of airborne particles, mold, and volatile organic compounds. I also suspect that if the building had been occupied, those levels would have been higher from a lack of outdoor air! Every square foot was either a tripping or breathing hazard. Our report identified many things to fix to ensure their staff wouldn't be breathing in mold, elevated particles (from the carpeting), or organic compounds from the pesticides. Ultimately, I felt the building was not conducive to comfort, safety, health, or productivity.



It was certainly satisfying to deliver my report knowing it could save many of their staff from office-related dis-ease. But it also made me incredibly thankful for the property and facility managers of the Class A and B buildings who actually care about their building's occupants and take action to protect them. Many of you have called me about water damage, respiratory complaints, or even mold – but never all at once, and never this bad!

Sometimes it takes a visit to a truly awful building to remind me just how good buildings can be! Thank you for all that you do!

Train West

OZONE IS COMING FOR YOUR BUILDING!

TEST NOW TO KEEP YOUR TENANTS SAFE

Summer is coming, and you know what that means: muggy days, hot nights, and lots and lots of atmospheric ozone. Wait ... what?

Most Texans know all about the heat and humidity we experience in summer, but our ozone problem flies under the radar. Unfortunately, that doesn't make it any less serious. Automobiles and petrochemical facilities leach the colorless gas called ozone (or O₃) into our air year-round.

Your buildings aren't always safe, either. Not only can ozone leak in from outdoors, it can also come from indoor sources like coffee machines, high-speed printers, photocopiers, and even air purifiers.

But don't we need ozone in the atmosphere? Yes, and no. Ozone isn't entirely bad. There's a "good" kind of ozone that actually protects us from ultraviolet radiation (remember the campaign to fix the ozone hole?). However, this ozone collects way up in the stratosphere, which is a layer of atmosphere between 6 and 30 miles above the ground.

Ozone becomes problematic or "bad" when it's down at ground level. It forms when nitrogen oxides, volatile organic compounds, and sunlight mix, and causes all kinds of health issues, particularly in the summer. According

to the American Lung Association, when the mercury climbs, ozone is more likely to form and is harder to clean up.

What is ozone doing to my tenants? Ozone is a dangerous upper respiratory irritant. When someone is exposed to moderate levels for an extended period of time, the Environmental Protection Agency (EPA) reports ozone can cause coughing and chest tightness, difficult breathing, lung inflammation, and aggravated asthma.

Ozone exposure can also make people more vulnerable to lung infections and/or cause permanent lung damage. In the past this was only a big concern outdoors on smoggy days when Houston's ozone levels were above the National Ambient Air Quality Standards (NAAQS). However, the latest research shows that these problems can persist inside commercial buildings as well if enough ozone leaks in, or if the office equipment mentioned above is producing indoor ozone.

Someone whose desk is next to a copy machine, for example, might have serious

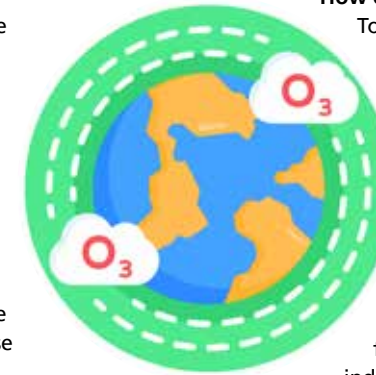
health concerns from breathing ozone 40 hours per week. Products like cleaning chemicals can also mix with ozone in the indoor air and break down into organic compounds like formaldehyde, which are more dangerous than their ingredients!

How can I keep my tenants safe?

To protect your tenants from ozone, you first need to know whether the ozone levels inside your building are unhealthy. In light of the recent research we mentioned — and our clients' interest in the WELL Certification program, which requires ozone testing — Building Air Quality now tests for ozone during our proactive indoor air quality surveys.

If your indoor ozone levels are high, we'll compare them with the ozone level outside, then track down leaks or other sources that could be creating health risks for your tenants. From there, we can help you take steps to mitigate the pollution and improve your building's indoor air quality.

Call 866-367-1177 today to schedule a proactive indoor air quality survey.



TAKE A BREAK!



MOTHER'S DAY BRUNCH RAINBOW FRITTATA

Inspired by EatingWell.com

INGREDIENTS

- Nonstick cooking spray
- 1/4 cup sweet potato, diced
- 1/4 cup yellow pepper, diced
- 1/4 cup broccoli, chopped
- 8 eggs
- Basil, thyme, salt, and pepper, to taste
- 1/2 avocado, pitted, peeled, and thinly sliced
- Cherry tomatoes, halved
- Sriracha hot sauce (optional)

DIRECTIONS

1. Preheat oven to 350 F and coat a cast-iron skillet with nonstick cooking spray.
2. In the skillet, cook sweet potatoes, yellow pepper, and broccoli over medium heat until soft.
3. In a medium bowl, whisk together eggs, basil, thyme, salt, and pepper.
4. Pour egg mixture into skillet with vegetables. Don't stir but instead use a spatula to lift the edges of the egg mixture until it is evenly distributed.
5. Transfer mixture to oven. Bake for 5 minutes or until the dish sets.
6. Top with avocado and tomatoes. Drizzle Sriracha on top (if desired).

