



# Building Blocks

## Why an H2i™ Inverter?

*Produce 100% of your heating needs*

A “heat pump” is basically the reverse of the refrigeration cycle where instead of extracting heat from inside and transferring it outside for cooling, we take heat from outside and transfer it inside for heating. In southern climates “heat pump” systems are prolific as outdoor temperatures remain relatively warm year-round. In northern climates “heat pump” systems were never able to produce enough heat when temperatures fell below 35°F so a secondary heating source burning fossil fuel or inefficient electric heaters would be required to make up the difference. Until recently, there has never been a “heat pump” system capable of producing 100% of its heating capacity with outdoor temperatures as low as 0°F.

Mitsubishi Electric’s H2i INVERTER heat pump family of products are providing exceptional year-round comfort even in extreme climates. Having the capability of producing 100% of the heating capacity at outdoor ambient temperatures between 0°F and 5°F and up to 85% heating capacity at minus 13°F is truly remarkable. It’s all possible thanks to their responsive INVERTER driven scroll compressor and patented flash injection technology which cools the compressor allowing higher speeds at lower outdoor temperatures without overheating. Essentially, heat pumps are now a realistic option for heating and cooling any home or commercial building with superior efficiency ratings in any climate.



*H2i Commercial Solutions*

H2i INVERTER heat pump systems by Mitsubishi Electric offer extreme advantages over conventional heating and cooling systems. With the availability of single-zone (less than 1 Ton) and multi-zone VRF systems (up to 16 Tons), the versatility of the hyper-heating family of products is extraordinary. It’s now possible to do away with your old boiler and all those oil or gas bills and heat and cool with one reliable, energy efficient system. Multiple styles of ductless or ducted indoor evaporator sections and control options for single units or up to 2000 units from a networked PC, make the H2i product line adaptable to any home or commercial building.

Please contact D. P. Wolff to find out how Mitsubishi Electric’s H2i INVERTER heat pump technology might just be what you have been waiting for. It’s here to stay and becoming the new normal. ▮

### In This Issue

#### **Constructively Speaking** 2

##### *Progress Report*

- Eastchester Middle School
- Monroe College
- Mercy College
- Mt. Kisco Medical Group
- Westchester Medical Center
- Northern Westchester Hospital
- More...

#### **To Change the Subject** 2

- Allergies: Year-Round 2
- Fall Foliage: Mulch or Bag 3
- Fall/Winter Fitness 3
- Pumpkin Custard 4

#### **In the Spotlight** 4

- JMC - Site Development Consultants



**(914) 767-0515 • (212) 689-7801**

24 Hour Emergency Service  
**(914) 767-0515**

## Progress Report

The D. P. Wolff, Inc. Mechanical Construction Division proudly reports the completion of the following projects. Our sincere gratitude, as always, is extended to everyone involved in supporting our efforts.

- The phase 2 classroom expansion of the **Eastchester Middle School**.
- **Monroe College's** new "Gaddy Hall" multi-story dormitory at the New Rochelle campus.
- The relocation of all the underground piping utilities at **Mercy College's** Dobbs Ferry campus which will pave the way for the construction of a new dormitory facility.
- **Mt. Kisco Medical Group's** outpatient medical building in Jefferson Valley.

As 2014 comes to an end we are continuing with the following projects:

- The new Wellness Facility for the **Masters School** in Dobbs Ferry is well underway.
- Phase 3 of the new Neuro ICU at **Westchester Medical Center** has recently started.
- The **Northern Westchester Hospital** SSM major renovation and addition is ongoing.
- The new major addition for the **Guiding Eyes for the Blind** dog research facility in Paterson is moving along.



**Mercy College,**  
Dobbs Ferry, NY

- The **Monroe College "King Hall"** renovation located at the Bronx campus has commenced.
- The installation of the new chilled water plant for the **St. John's Riverside Hospital Park Care Health Center** Facility in Yonkers is progressing.

We are in the planning stages and excited to be involved with the following upcoming projects:

- The new 6 story tower including a state of the art Pharmacy at **White Plains Hospital**.
- The replacement of the chilled water plant for **Bronxville Knolls Tower** cooperative located in Bronxville. ▮

## Allergies: Year-Round *Unfortunately not just for warmer weather*

Spring and summer are over but that doesn't necessarily mean you will be allergy free all fall and winter. Airborne molds are well known causes of allergic reactions and can be present both indoors and outdoors. Mold spores can build up on leaves, trees and even building exteriors during cold and damp seasons.

Unfortunately they also transfer to interior spaces. Typically the more mold outside, the more mold inside. Mold needs continuous moisture to grow, so ensure your basement and attic are as dry as possible year-round.



Holiday decorations can also trigger allergic reactions for some people. Natural Christmas trees can house pollen and mold spores as well as emit strong odors as they slowly decay. Hose washing a newly cut tree before bringing it indoors can help eliminate these catalysts. Even artificial decorations used for Thanksgiving, Chanukah or Christmas can be triggers, as they can be sprayed with a strong scent or a fire retardant that can put you into a sneezing, wheezing frenzy.

Dust mites and pet dander are other major allergy causes to be aware of year-round. Dust is everywhere. Having rugs, floor-length curtains, bed skirts or knick knacks can add to your suffering. A vacuum cleaner with a HEPA (high efficiency particulate air) filter is recommended for those battling allergies. Vacuum and dust as often as possible and wash your clothes on the hottest possible setting. Frequent washing of your hands can help remove remaining allergens. Hopefully, some of these tips will help you control your allergies better. ▮

## Fall Foliage *Remove or Mulch: That is the question...*

Leaf removal, an annual task most homeowners despise. The trees that provide such beauty during spring, summer and fall eventually drop their foliage, relegating those with tree-lined properties to a dusty, dirty chore. For the “do it yourselfers” a choice to mulch or bag must be made. While you can let the leaves pile up in some natural areas, it’s inadvisable to let a layer of dead leaves build up on your lawn, or you may risk killing the grass.

Bagging has its benefits. Your lawn should look its best in the fall and without any leaves lying on top you can show off the green. Also, if you have enough pine trees around, removal of the pine needles is important for future lawn health. If you choose to bag, make sure they are biodegradable so they can decompose with the leaves at their final resting place.

An abundance of trees usually means a lot of leaves. Purchasing bags can be expensive as well as time consuming to fill with leaves. Some municipalities do not provide leaf removal, so disposal could be another incurred cost of bagging.

Mulching the leaves into your lawn is like applying fertilizer as natural nutrients settle into the soil to keep your yard healthy. You’ll have a greener lawn in the spring if you mulch the leaves with the grass this fall. Mulching also helps decrease weed growth

and moisture evaporation in the soil. Mulching saves you time and energy by accomplishing two tasks at the same time, grass cutting and leaf clearing. It can also save you money as you won’t have to pay for bags or disposal services. Mulching does however require special tools. Either a mulching mower or vacuum mulcher can be costly but well worth the expense.

Considering a combination of these autumn clean-up methods may be the best bet. Removing a good portion of leaves with your rake or leaf blower before attempting to mulch with a lawn mower is a good idea. Trying to mulch too many layers of leaves can be detrimental to the lawn and your equipment. Lawn care



experts claim whenever you have the opportunity to mulch, do so if the conditions are right. Either way, there will always be 1-800 Landscape if needed. ▮

## Fall/Winter Fitness *The key is consistency, once you start stick to it!*



Fall is a great time to start a fitness program. Being able to exercise outdoors and enjoy the cooler temperatures while walking, hiking, bicycling or running can be the kick start to a healthier you. It doesn’t have to seem like exercise to be a great workout. Raking leaves or doing some fall outdoor yard work can be a heart pumping and calorie burning experience.

Even for the fittest people out there, training is a constant

challenge, and at this time of year most people just don’t have the drive to overcome the end of summer doldrums. It takes about four weeks for your body to adapt to a lifestyle change or new fitness routine so try to stick with it for a month. After the initial period your body will adapt and thrive on your exercise routine, whatever it may be.

Commitment, convenience and consistency will lead to a successful fitness program. Joining a nearby fitness center or choosing an activity you can do at home are good ideas when starting out. Making a commitment to train with someone, whether it’s a friend or a personal trainer can be beneficial. Planning to exercise with someone else means you’ll have to keep a set schedule and you’ll be pushing each other to achieve better results. Remaining consistent with your routine is very important. It’s always better to work out for 10 minutes a day rather than just one hour a week.

The most important of all is to approach your winter exercise routine with a positive mindset. Keep moving through the colder months and you’ll be a step ahead when spring arrives. ▮

## In The Spotlight

Founded in 1980, JMC Planning, Engineering, Landscape Architecture & Surveying, PLLC (JMC) has strategically grown into a highly regarded, multi-disciplinary and nationally recognized site development consulting firm. Headquartered in Armonk, NY, JMC's team of over 40 professionals work together in a team atmosphere to provide clientele, ranging from single-family residential to commercial, industrial, large retail, educational, manufacturing, recreation, hospitality, health care and transportation infrastructure, with a full range of site development offerings.

JMC's "one stop shop" approach includes due diligence, planning, civil engineering, traffic and transportation engineering, environmental impact studies, landscape, land surveying,

design management and construction observation services.

JMC is dedicated to continuing to provide cutting edge services, while remaining true to the basic founding principles. Deliver the highest quality of work, within a team environment, to achieve complete client satisfaction. Madison Square Garden, Target, IBM, and PepsiCo, to name a few, all have utilized JMC's expertise when developing a new site. Aside from their business acumen, JMC's strong belief in giving back is evident from their support of many charitable causes and through their continuous student mentoring efforts.

D. P. Wolff, Inc. is proud of our association with JMC and wish them continued success moving forward. ▮

**JMC**  
**SITE DEVELOPMENT CONSULTANTS**

## Pumpkin Custard *For a Taste of Fall*

### Ingredients (Serves 8):

- 1 tsp. ground cinnamon
- ½ tsp. ground ginger
- ¼ tsp. ground nutmeg
- ½ tsp. fine sea salt
- 4 large eggs, beaten
- ½ cup pure maple syrup (or raw honey)
- ½ tsp. pure coconut extract
- 1 (15-oz.) can pumpkin puree
- ¾ cup canned coconut milk
- ¾ cup unsweetened almond milk

### Preparation:

- Preheat oven to 300° F.
- Combine cinnamon, ginger, nutmeg, and salt in a small bowl; mix well. Set aside.
- Combine eggs, maple syrup, and extract in a large bowl;

whisk to blend.

- Add spice mixture and pumpkin.
- Gradually add coconut milk & almond milk; whisk to blend.
- Pour mixture evenly into eight 6-oz. custard cups. Place cups in 13×9-inch baking pan; fill pan with 1-inch hot water.
- Bake for 45 to 50 minutes, or until knife inserted in custard



halfway between center and edge of ramekin comes out almost clean. Cool completely on wire rack. Refrigerate until ready to serve. ▮