

## PARAGON NEWS

AUGUST 2018

## BOMA / IREM Orange County 5<sup>th</sup> Annual Sporting Clay Tournament



### Corporate Office

5415 Oberlin Drive  
San Diego, CA 92121  
O: (858) 654-0102  
F: (858) 654-0103

Wesley S. Dymek, Principal  
Rosemary Dymek, Principal



Our team had the privilege of participating in the BOMA / IREM OC 5<sup>th</sup> Annual Sport Clay Tournament. Despite the heat wave and a couple of newbies to shooting on our team, the day was a great success. The event was sold out and drew skilled shooters in our industry out of the woodworks. Our team may not have been “sharpshooters,” but we were definitely straight shooters! The event had a silent and live auction benefiting the “Socks for Heroes” foundation which donates 100% of the profits for sock supplies for active military. The tournament was a great team building event that we hope to continue to support for years to come.

### WANT TO CONTRIBUTE?

If you would like to share a story or contribute to Paragon Services Engineering’s monthly newsletter. Please contact Angela at

[adelgado@paragonservices.us.com](mailto:adelgado@paragonservices.us.com)



# The Who, What and Why of Replacing Aging Cooling Systems

The average age of a commercial building in the United States is 49.83 years. Because cooling equipment lasts up to 25 years, the average building will get a cooling system replacement at least once and probably twice in its lifetime.

A significant capital expense that also affects building occupants and day-to-day operations and performance, a cooling systems upgrade must be well thought out and executed to carry a building for its next quarter-century. Here's what facility managers need to know for designing successful cooling and other HVAC systems for any commercial space.

## Why

Although everyone is busier than ever these days, it's important to take time at the onset of design to truly understand any cooling system problem. Contrary to popular belief, the biggest performance piece in the building isn't the equipment, it's the people. Taking time to understand the HVAC issues from the occupant's perspective is the why of the project. Going beyond "I want the building to be hot/cold when it's supposed to be" to "What are the building owners looking to achieve?" is critical to arriving at the best solution for the facility.

Consider the following questions when determining just what a facility needs when it comes to the design of cooling and other HVAC systems:

- How do your annual utility/operating costs compare to market? The answer to this question will inform whether or not the latest and greatest, high-efficiency equipment is necessary. Once the system has met the energy code, look at the latest and greatest from a big picture perspective, including financial. If your annual utility and operating costs are significantly higher than competing buildings, then it is appropriate to invest in additional efficiency to help bring costs down, making the facility more attractive and competitive.

- How much facilities/maintenance staff

do you have on board? It's not uncommon for a large class A building to employ a number of operating engineers. But, as the building ages, and the systems become less reliable, those engineering hours and overtime begin to add up to more than a full time equivalent. It's also important to understand the capability of your team. Some of the outdated technology in today's buildings is not discussed or taught in vocational training programs. And some newer buildings are run exclusively with digital technology. Match the right people to the right problems.

## What

There's no single best way to cool a facility or to heat or ventilate it, for that matter. Solutions have to be evaluated on a range of factors: how beneficial they are to your needs, how much they cost, how long phasing or installation will take, what building modifications or tenant disruptions will be required, or what operating or maintenance costs are likely to be.

Cooling and other HVAC systems follow the law of diminishing returns. You don't need too expensive, too cheap, highest or lowest performing. Instead, like Goldilocks, look for what's just right for you. Something that's more expensive may only be marginally more efficient. The exception:

## Who

Things never break when it's convenient. This is a fact of life that typically translates to a lot of pressure on the building owner or asset manager when something goes awry. The old system has to be replaced, or a new one has to be built — and it needs to happen quickly.

But don't just replace in kind. A building program and current cooling systems analysis can inform the myriad of potential options. Each will have its own benefits and drawbacks specific to the building, its occupants, and facilities personnel.

Before deciding what to do, decide who

to do it with. Find a disinterested third party to lay out all the options before spending lots on mechanical and electrical equipment. Exercise caution when engaging a company that sells or installs equipment, as their interest will lie only in new equipment.

Equipment location is key to optimizing performance. Resist the urge to take the "out of sight, out of mind" approach to the question of where to locate equipment. Consider maintenance, both routine and diagnostic, as well as potential repairs when choosing a location for equipment. Consider pathways in the space, and maintain shafts whenever possible, especially those that span the height of the building.

## Timing of HVAC upgrade

The timing of your next major HVAC renovation is quite possibly the most important consideration. Any developer or real estate owner knows that timing can make or break a deal as much as anything else. So too the question of when can make or break capital projects. It's highly advisable to make your plans and research your options before things break. While that may seem simple, it's easier said than done. If you wait until the cooling system breaks down, you're going to disrupt your tenants, pay more, and be forced into emergency repairs and solutions that might cause you more headaches in the near future.

When it comes to HVAC systems design, going back to the basics — the who, what, where, when, and why of it all — will help building owners and facility managers make the most informed decisions. Doing the leg work up front ensures that the facility can get as close to a that 25-year longevity mark as possible.



# August 2018

## August Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

- 8/4 - Stretch Yourself Yoga Scripps Health
- 8/5 - Chula Vista Lemon Festival
- 8/7 - 30th Annual Taste of Encinitas
- 8/9 - Night Fishing Santee Lakes
- 8/10 - Movies & More by the Santee Lake
- 8/11 - Gourmet Food Truck Festival (Del Mar Racetrack)
- 8/11 - 8/12 Heiva San Diego (Tahitian Cultural Festival)
- 8/12 - Hillcrest City fest Street Fair
- 8/12- Chula Vista Challenge Half Triathlon
- 8/12 - San Diego Botanic Garden Summer Jazz Concert
- 8/18 - A Talk on the Wild Side in La Jolla  
(www.wildwonders.org)
- 8/18 - California Clambake Hotel Del Coronado
- 8/25 - 8/26 San Diego Spirits Festival

### FRESH FRUIT AND YOGURT ICE POPS INGREDIENTS



- 2 cups fresh blueberries, strawberries, raspberries, and sliced bananas
- 2 cups of plain or vanilla yogurt
- 1/4 cup white sugar
- 8 paper cups, or plastic popsicle molds
- 8 popsicle sticks (if using paper cups)

#### DIRECTIONS

Place the fruit, yogurt, and sugar into a blender. Cover, and blend until fruit is smooth.

Fill paper cups 3/4 full with fruit mixture. Cover the top of each cup with a strip of aluminum foil. Poke a popsicle stick through the center of the foil on each cup.

Place the cups in the freezer for at least 5 hours. To serve, remove foil and peel off paper cup.

### Old-Fashioned Macaroni Salad

#### Ingredients:



- 4 eggs
- 1 lb of elbow macaroni
- 4 oz of ham steak, finely chopped
- 2 stalks of chopped celery
- 1 large shallot, chopped
- 2 tablespoons of fresh lemon juice

#### Directions:

Boil the eggs in a medium-sized sauce pan. Once cool, peel the eggs and chop. Reserve.

While the eggs are cooking, bring a large pot of salted water to a boil and cook the macaroni al dente. Drain and rinse with cold water.

In a large serving bowl, combine the eggs, ham steak, celery, shallots, and lemon juice. Add the macaroni and stir to combine.

In a separate bowl, whisk together 2/3 cup of mayonnaise, 2 tablespoons of mustard, 3 tablespoons of sweet pickled relish, and salt and pepper to taste. Add to the macaroni and toss to coat. Season with more salt and pepper, if needed. Cover and chill for 2 hours for the flavors to meld.



## HAPPY BIRTHDAY!

- 8/1 - Brenda Garcia
- 8/3 - Richard Lucero
- 8/9 - Robert Bussell
- 8/14 - Jose Rodriguez
- 8/17 - Eduardo Garcia
- 8/18 - Luigi Pirrone
- 8/18 - Martin Sanchez
- 8/20 - Jose Chacon
- 8/22 - Michael Raskind
- 8/25 - John Francisco



# A TALK ON THE WILD SIDE

A GLIMPSE INSIDE THE WORLD OF WILDLIFE AND  
CONSERVATION WITH JACKIE NAVARRO

ENJOY AN ENTERTAINING AFTERNOON WITH ANIMAL  
AMBASSADORS, WILD THINGS AND WILD PLACES!  
GET UP CLOSE AND PERSONAL WITH BEARCATS, HONEYBEARS,  
ALLIGATORS AND MORE WHILE LEAVING WITH A BETTER  
UNDERSTANDING AND HOPE FOR THE FUTURE OF THESE  
AMAZING CREATURES!

THIS UNIQUE EXPERIENCE TAKES PLACE AT:

LAWRENCE  
FAMILY JEWISH  
COMMUNITY  
CENTER

JACOBS FAMILY  
CAMPUS

4126 EXECUTIVE  
DRIVE

LA JOLLA,  
CALIFORNIA  
92037

AUGUST 18, 2018  
2:00PM

TICKETS:  
[WWW.WILDWONDERS.ORG](http://WWW.WILDWONDERS.ORG)

[WILDWONDERS@ATT.NET](mailto:WILDWONDERS@ATT.NET)  
760-630-9230

