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NewsBits

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PhillyDeals: For Bucks family, green made more cents

By Joseph N. DiStefano

Back when heating oil was approaching \$5 a gallon, Theodore Frimet went shopping for new ways to control heat in his family's modest home in a shady corner of Croydon.

"I figured it was costing me \$6,000 a year, at last year's prices," he told me as solar contractor Mark Bortman checked the last roof panels and driller **John R. David** checked the well grout. "Plus around \$800 for electric air-conditioning."

Frimet went green. That meant ripping out bushes and smashing his concrete driveway to dig and pipe a 500-foot well in his front yard, to reach underground water that stays a cave-like 56 degrees Fahrenheit all year. And pumping pressured fluid through that water into geothermal heating and cooling compressors to climate-control the

house. Plus a rooftop solar hot-water system.

The cost: about \$10,000 to David's employer, drillers **B.L. Myers Bros.**, Glenmoore, Chester County; about \$20,000 to Craig Geier's GreeningTheHouse.com, of Newtown, Bucks County, for the heating and cooling installation, and about \$7,000 to Bortman's Exact Solar L.L.C., Yardley, for the roof and boiler system.

Subtract 30 percent in federal solar-energy tax credits and, as Bortman told Frimet, he could make it back in six or seven years.

"What made it appealing to me was Obama's stimulus," which expanded solar-income tax credits, Frimet said.

After the drilling but before the indoor equipment arrived, Frimet lost his job as a computer programmer. He tightened his belt and kept the project running, to avoid the frustration of having to pay for oil while also repaying First Federal Bank of Bucks County for half a job.

Geier connected the system late last month. The family's been using the A.C. during this unusually pleasant July.



LAURENCE KESTERSON / PhillyNews Staff Photographer

Theodore Frimet, at left, stands by the geothermal heating unit in his home in Croydon. Above, Sean Tees from Newtown-based company GreeningTheHouse.com installs geothermal pipes under Frimet's house.

"It's comfortable. It's whisper-quiet. And there's less dust," Frimet told me. "My big challenge right now is keeping my wife and my mother-in-law happy."

"Mom's always cold," said Janet Frimet.

"And I'm putting the lawn back together," Ted said. "I'm a bush-and-tree guy." Green.

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Why Recycle



If we could all go even just a little beyond the blue bin, by reducing and reusing, it could make an enormous difference on the planet's waste.

METAL:

- If you drink a can of beer after work and then tossed it in the recycling bin, that one (aluminum) can saves enough energy to watch television for 3 hours after dinner! Of course, you'd save even more energy if you went out for a walk or read a good (used!) book after dinner.

PAPER:

- If every single newspaper was recycled after we read them, we would be able to save 25 million trees per year!

PLASTIC AND STYROFOAM:

- Styrofoam coffee cups are being thrown away at an unbelievable amount of 25 billion per year. That number is the statistic for USA only.

Water FUN FACTS

- More than 70% of the Earth's surface is covered by water. Of this water, 97% is in oceans, which makes it salty and undrinkable. The remaining 3% is freshwater. Only 0.3% is found in rivers and lakes. The rest is frozen.
- The three largest water uses are for: agriculture (67%), industry (19%) and municipal/residential (9%).
- Over 100 years, a water molecule would have spent some 98 years in the ocean, 20 months as ice, about 2 weeks in lakes and rivers, and less than a week in the atmosphere.

The Law of Concentration

So the kids are back in school and I am helping with math homework that I haven't seen in 35 years. They would rather see who is going home on "Big Brother" than sit with Dad and learn about multiplying fractions.

Anyway, so the kids are back in school...sorry, I suffer the same ailment at times. Concentrating on anything today is a job unto itself. We are all balancing concerns about the job, the bills, healthcare, what to do with the family that doesn't cost that much and what food gets recalled this week? Who really has the time or energy to focus on the job at hand and forget the pressures of every day life for 8-12 hours daily?

The Law of Concentration states that "whatever you concentrate on, and think about repeatedly, becomes more of a part of your inner life, and consequently your outer life." Kind of like "if you build it he will come."

Maybe a better example is this; if you focus on being successful every day, it becomes something you value and ultimately something you achieve.

There are dozens of connections concerning safety and focusing on safe habits...enough for several newsletters. But let's look at this a little different. No one wants to constantly hear "wear your safety glasses," or "don't bend your back while lifting." After 20 years in this field, I am kind or tired of saying it myself. So I am going to stop.

If you read the law from the end forward, events occurring in your "outer" life (the real stuff) are largely a result of what you feel inside. If you concentrate each day on being safe; wear your seat belt, turn the stove off, clean clutter off of the steps, you are most likely to act safely at work. You won't put on your safety glasses or hard hat because you were instructed



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to do so, you wear them because you don't want to get injured by something entering your eye or hitting your head.

Driving has a similar trend; if you drive to and from work while darting in between traffic, breaking hard and following closely; you are prone to drive the same on business trips. Unhealthy practices put you and your coworkers at risk.

I have seen numerous energy drinks and vitamins that suggest an increase in concentration. Ultimately, I believe it is an acquired behavior. Take a concentrated effort to review the events of your day and determine for yourself if they were a result of concentration or lack thereof. Try concentrating on positive results/outcomes and make up your own minds. Either way, concentrating on the negative certainly can't be good and these days we need as much positive energy floating around as we can get.