

VINCENT'S NEWS

The 'Van-Go' Gallery

*OWNER'S CORNER***63 Years of Excellence!**

Best Residential HVAC Company
Best Plumbing Company

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Did you know...

...VHP was nominated for 5 categories in the Times Herald's 2022 Best of the Best contest. - Now we need your votes!

See the enclosed insert for details.

Thank you for nominating us!

THROUGH MY EYES

Yikes! Gasoline prices over \$4 a gallon! The first time I remember seeing gas over \$4 was on 9/11, but that was just temporary caused by the initial shock. Curious, I googled '*historic gas prices by year*' and learned that the last time we hit over \$4 a gallon was in July 2008 during the financial panic.

Unfortunately, I

don't think the price of gas in 2022 has topped out. And while inflation is a factor, ever higher fossil fuel prices – like oil and natural gas – are inevitable based upon the trajectory our national energy policy has put us on toward renewable energy. Inflation notwithstanding, we should expect higher fossil fuel prices

Continued Page 3

What to Expect in an Air Quality Test of Your Home - Part 4

In 2021 we began offering customers the opportunity to test the air quality in their home for no charge while we are in their home for a heating or cooling maintenance visit. Using an Air Advice monitor, we measure the air in your home for 6 factors that affect your health and home: particles (dust, etc.),

chemicals ("volatile organic compounds" or VOCs), carbon Dioxide, humidity, temperature, and carbon MONoxide.

Last month, I shared that a common factor in many of the test results we've seen call for adding ventilation to reduce and control indoor air pollution. A properly designed mechanical ventilation



"Wherever you see a 'Vincent's Van Go' you know the job will be a work of art."



Above, VHP tech Rob Parker prepares to clean an air duct register using our Roto-Brush duct cleaning equipment..

A negative air

Continued Page 2

Air Quality Test... (Continued from Pg.1)

pressure state exists when the air pressure inside your home is less than the outside air pressure. This is caused when the amount of air exiting your home is greater than your home's ability to immediately replenish it. For example, this can occur every time you turn on a kitchen or bathroom exhaust fan, use a fireplace or gas log, or when your gas burning furnace or water heater runs.

The instant that your home is put in a negative pressure state, nature wants to resolve this condition. Outside air will rush in to offset the pressure difference when a door or window is opened – at least until they are closed. Air will then find other pathways, such as 'leaky' windows or unsealed ceiling 'canned' lights' – but any crack, crevice, opening or connection from the inside to the outside will do. All too often, these makeshift air intake vents will also bring in dirt and

pollutants that can pose a health risk. Do you suffer from excessive dust in your home? 'Make-up air' from these sources is typically the culprit, and often the 'dust' is actually insulation – which is not something you want to breathe.

Of an even more urgent health risk, a water heater exhaust vent (chimney) can also be a source for makeup air – and it happens more times than you can imagine. Instead of venting the water heater exhaust to the outside, the direction of flow is reversed as your home sucks outside air in through your water heater vent. This is very dangerous because, unable to overcome the greater force of the outside air rushing in, the water heater exhaust products – including poisonous carbon monoxide – are instead dumped into your home.

Even if you have a CO Alarm, you might never be

aware of the damage being done to your health. As pointed out in this column previously, the carbon monoxide levels don't have to be high enough to set off your CO Alarm to pose a health risk. Even smaller, non-lethal amounts of CO over time have been documented to cause serious damage. Low-level CO damage is especially dangerous for the elderly, the immune compromised, and individuals with smaller body mass, such as infants. With mechanical ventilation, these problems are avoided because a 'controlled' means to make up any lost air is provided.

To learn whether you have health risks in your home that require ventilation, we can test the air quality in your home for no extra charge when you have us maintain your furnace. This is a savings of \$99. Give us a call.

- Daniel Squires

What Our Clients Are Saying...

"Excellent Service! Always professional and polite from taking call to service delivery we can always count on Vincent's Heating & Plumbing to address our heating and plumbing needs with confidence." - Margery Lula, Port Huron

Through My Eyes (Continued from Pg. 1)

because higher prices make renewables more attractive.

The most obvious way to achieve higher fossil fuel prices is to restrict supply, because price must go up when demand remains constant or increases. This is accomplished by putting into place policies that restrict the supply of oil - such as shutting down the Keystone XL pipeline, making it hard for oil and gas producers to obtain financing, and even by creating a hostile regulatory climate by nominating people with stated objectives to bankrupt traditional oil producers.* Closer to home are the efforts to shut down Enbridge's Line 5 pipeline.

And while a transition to renewable energy may be a laudable goal, these efforts have had the unintended consequence of creating a threat to our national security and to world peace. As I write this, in mid-March, to curb the spiking gas prices, our government has begged OPEC to increase the supply of oil and is even discussing lifting the embargoes on the anti-American regimes in Iran and Venezuela toward the end of getting oil from them. Really? "It's okay to drill for oil, but 'not in my back

yard'?" In Europe, Germany gets over half of its natural gas from Russia, and as such they are vulnerable to a power-mad dictator that has invaded and laid siege to Ukraine.

This is not the first time a government energy policy has tried to solve one problem and, in the process, created another. Consider the huge emphasis on 'tightening' our homes that began in the late 70's as part of our national energy policy to reduce energy consumption. From this, incentives in the form of energy tax credits and eventually utility energy rebates were created to encourage homeowners to replace 'leaky' windows and doors, to weather-strip and caulk any air leaks, to add insulation, to upgrade energy inefficient heating equipment and appliances, and more.

While reducing energy waste is a great goal – and as an HVAC contractor, I would be the last person to complain about energy tax credits and rebates! - making our homes 'airtight' created an unintended problem: our homes and buildings could no longer 'breathe'. As noted in prior installments of the accompanying series on indoor air testing, by the late 80's it was well

documented that our homes and buildings had major problems with indoor air pollution that created both short- and long-term health problems for people living and working in them. Sealing our homes made things worse by trapping pollutants in them.

At least when our homes were 'leaky', this was a form of natural ventilation that brought in fresh air and allowed some of the pollutants to escape. We can undo this problem and allow our houses to breathe by adding mechanical ventilation to our homes. Canada required houses be built with mechanical ventilation all the way back in 1995. It took another 20 years for U.S. building codes to fully catch up.

And while this addresses the problem of indoor air pollution for homes built since, if you have a home built before then you should take advantage of our air quality testing to see what issues your home may have. It's far better for you to take charge and address any air quality issues in your home than to hope for a government 'solution' – they don't always turn out as intended.

– Daniel Squires

* <https://thehill.com/opinion/energy-environment/585532-bidens-renewable-energy-rush-is-making-gas-prices-skyrocket?rl=1>

Birds

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Humor Section

www.vhpinc.com

The Most Reasons to be Your Best Choice

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If you would like your name to be removed from our newsletter mailing list please email "stop" to news@vhpinc.com or give us a call.

"First, the doctor told me the good news. He said that I was going to have a disease named after me."
- Steve Martin

A skeleton walks into a bar.

The bartender says, "What'll you have?"

The skeleton says, "Gimme a beer and a mop."



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VOTING REMINDER - SAVE

Vincent's Heating & Plumbing Needs Your Help!



VOTE FOR US!

- ★ Services: Best Plumbing Company
- ★ Services: Best Residential HVAC Company
- ★ Top Employer: Best Company Culture
- ★ Top Employer: Best Place to Work

WE HAVE THE NOMINATIONS - NOW WE NEED YOUR VOTES!

PLEASE HELP US DEFEND OUR TITLE AS THE GREATER BLUE WATER AREA'S

BEST RESIDENTIAL HVAC COMPANY

& **BEST PLUMBING COMPANY**

- in the SERVICES Category

NEW FOR 2022 - WE HAVE BEEN NOMINATED AS A TOP EMPLOYER:

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BEST PLACE TO WORK

VOTING BEGINS APRIL 15 - ENDS APRIL 30

VOTING ALLOWED ONCE PER DAY

To help you find where to VOTE go to www.VHPinc.com/best

Thanks for your help! - *Daniel Squires*

"THE VHP CLUB IS A GREAT VALUE!"

5 STARS "Michael from VHP has done the maintenance on my AC for years. I am sure this is why my AC has lasted and is in its 19th year. The VHP Club is a great value." - *Sally Smith, St Clair*

5 STARS "Excellent service! I rely on Vincent's for annual maintenance for my furnace and air conditioning and am always pleased with their professional expertise. Greg answered all of my questions and was helpful, friendly, and efficient in his work." - *Barbara Collins, Port Huron*

5 STARS "Great service! Brendan was very helpful. He came out and got our furnace working and explained everything clearly and went over options for upcoming preventative maintenance. I'm a devoted Vincent's customer and they are my first choice for HVAC!" - *Steven Phillips, Fort Gratiot*

5 STARS "Routine maintenance visits aren't glamorous, but are necessary, so it's good to see a service technician take them as seriously as a crisis call. Brandon was punctual, attentive, and professional. He did his job thoroughly, explained what he'd done, and asked if we had any questions. He recommended certain basic steps and explained why he was suggesting them." - *Roger Thomas, Fort Gratiot*

5 STARS "Outstanding maintenance visit! Greg did an OUTSTANDING job performing his duties in annual furnace/humidifier visit! Professionally competent and personable, he represented Vincent's well. Thanks, Greg and Vincent's! And as a volunteer at Spero, it is a pleasure to work with a great company that shares the view that life in the womb is an equally valuable life worthy of protecting!" - *Victor Roeske, Lexington*

5 STARS "Every encounter with Vincent's Heating and Plumbing, Inc for the last 20 years has been exceptional, from start to finish. Nancy and Amy at the office, and every one of the technicians I have had for service have been so professional, kind, and willing to answer questions." - *Debbie Owens*

5 STARS "Exemplary Service! It's always great to have Brendan in our home. He arrived on time to provide us with a VHP 'COSI' Furnace Tune Up. I wouldn't trust our furnace maintenance to anyone but VHP." - *Mitch Ortenburg, Fort Gratiot*

5 STARS "The service is great, and the serviceman is awesome! Our annual check-ups are always easy to schedule at a convenient time for us. The reminder calls and the '*He's on his way*' call is always appreciated. The peace of mind from knowing that our furnace will work when we need it is a blessing. And Marvin, the serviceman, is professional, knowledgeable about the equipment, and a pleasure to converse with. I always enjoy seeing him pull in the drive." - *Brian Campbell, Fort Gratiot*

5 STARS "Annual maintenance provides peace of mind. I have the annual heating and A/C tune-up done every year. It gives me peace of mind that both units are running at top efficiency saving me on my monthly gas and electric bills." - *Douglas Cole, Port Huron*

5 STARS "Five stars for a great annual inspection! Brandon did a thorough complete inspection of our furnace today. He reviewed all furnace operations and put our minds at ease with the knowledge that it is operating safely and efficiently." - *David Sheldon, Marysville*

The VHP Club is Another Reason Why Vincent's Heating & Plumbing Has the Most Reasons to be Your Best Choice! - New Members Welcome!

Don't Be a Carbon Monoxide Statistic

Carbon monoxide (CO) has the reputation of being the "silent killer." Most people are aware that breathing high levels of CO can be fatal, but few are aware that even at low levels, carbon monoxide can make you sick. According to the Center for Disease Control (CDC):

"Each year, more than 400 Americans die from unintentional CO poisoning, more than 20,000 visit the emergency room and more than 4,000 are hospitalized due to CO poisoning. Fatality is highest among Americans 65 and older."¹

Typically, the only carbon monoxide related incidents that are reported in news reports are when people die. This can lead to a false impression of the dangers related to carbon monoxide:

"Albert Donnay, a consulting toxicologist based in Hyattsville, Md., said he believes that more than 200,000 emergency-room visits per year should be attributed to CO poisoning, and the death rate is closer to 2,000 per year. He said he thinks the numbers are higher than reported because CO-related illnesses often go undiagnosed and are treated incorrectly. "Families may develop chronic flulike symptoms, headaches, fibromyalgia, irritable bowel syndrome and weakness from low levels of CO," said Donnay.

"Doctors don't know to ask about CO in their homes."²

This is one of the reasons that technicians at Vincent's Heating & Plumbing receive advanced training from the National Com-

fort Institute (NCI) in Sheffield Lake, Ohio. Since 2006, every technician at Vincent's has become an NCI certified Carbon Monoxide & Combustion Analyst, and is recertified every two years. This speaks to the importance that Vincent's places on the safety and well-being of its customers, because so many problems related to carbon monoxide are unrecognized.

"Tens of thousands don't realize that CO is the cause of their medical problems," said Jim Davis, a senior trainer with the National Comfort Institute. The National Comfort Institute trains HVAC contractors, fire departments, engineers and home inspectors in the proper testing of appliances that use CO-producing fuels. "The damage is cumulative over time and affects your memory, heart and lungs."

The National Fire Protection Association (NFPA) reports that those with physical conditions that limit their body's ability to use oxygen (asthma, heart disease, etc.), infants, and pregnant women are at the highest risk of death from CO poisoning. Among the healthy adult population, more men than women succumb to CO poisoning. Davis of the National Comfort Institute said that you must use the proper testing equipment when searching for CO leaks. "You should be using a combustion analyzer," Davis said.

Davis explained the difference between an analyzer and a monitor. "A monitor just tests the CO

levels in a house," he said. "An analyzer determines if there is proper combustion efficiency, ventilation and fuel-air mixture. You want to know if your furnace is mechanically sound."

According to Davis, a combustion analyzer should always be used during installation and maintenance of appliances. "Sadly, only 2% of contractors are trained and certified in the use of combustion analyzers," he said. "Not one state requires certification in combustion and carbon monoxide."³

As a client of Vincent's Heating & Plumbing, you are fortunate to have an NCI trained contractor to look after your heating equipment and help you avoid carbon monoxide poisoning. The best way to avoid becoming a carbon monoxide statistic is to follow this sound advice from the Center for Disease Control (CDC):

"Recommended Strategies to prevent CO poisoning from your home appliances include having your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year and installing a battery-operated CO detector in your home."⁴

It's a very simple 3-step formula:

1) Have your heating appliances serviced by a qualified technician

2) Do it every year

3) Put a CO alarm in your home.

Vincent's Heating & Plumbing can help you with all three steps. On the reverse side we focus on the last step.

SEE REVERSE SIDE FOR A SPECIAL OFFER

¹ Source: Carbon Monoxide Poisoning Fact Sheet, April 27, 2009, CDC Centers for Disease Control and Prevention

² Source: https://www.washingtonpost.com/news/where-we-live/wp/2018/02/12/why-a-carbon-monoxide-monitor-in-your-home-may-not-be-enough-to-protect-you/?noredirect=on&utm_term=.6bf5f971ce74

³ Ibid

⁴ Source: Carbon Monoxide Poisoning Fact Sheet, April 27, 2009, CDC Centers for Disease Control and Prevention

THE BEST CARBON MONOXIDE ALARM PROTECTION FOR YOUR FAMILY IS NOT AVAILABLE AT A HOME IMPROVEMENT CENTER OR HARDWARE STORE

The typical store-bought alarm (*Kidde, First Alert, etc.*) from a hardware store will only sound the alarm after 70 ppm (parts-per-million) has been sensed for a period of 4 hours (*See actual packaging in store.*) You are safer sleeping in a public parking garage, which has a 25 ppm maximum allowable limit! Consider this compiled chart of carbon monoxide dangers below 70 ppm (*source - NCI*):

CO LEVEL	CARBON MONOXIDE RISK OBSERVED OR ALLOWABLE LIMIT
3-7 ppm	6% increase in the rate of admission in hospitals of non-elderly for asthma. (Sheppard-1999)
5-6 ppm	Significant risk of low birth rate if exposed during last trimester (Ritz & Yu - 1999)
10 ppm	Outdoor level of CO found associated with a significant increase in heart disease deaths and hospital admissions for congestive heart failure.
15 - 20 ppm	First level World Health Organization (WHO) lists as causing impaired performance, decrease in exercise time and vigilance.
25 ppm	Maximum allowable in a parking garage (International Mechanical Code)
27 ppm	21% increase in cardio respiratory complaints. (Kurt-1978)
35 ppm	US NIOSH recommended 8-hour maximum workplace exposure. EPA standard for outdoors for 1-hour and a maximum of 1-time per year.
50 ppm	US OSHA recommended 8-hour maximum workplace exposure.
70 ppm	First alarm level for a <u>store bought</u> - UL 2034 approved - CO alarm.

The solution? The NSI 3000 Low-Level CO Monitor which detects Carbon Monoxide levels as low as 5 ppm!

The NSI 3000 Low-Level CO Monitor features include:

- Continuous Scan™ mode lets you know monitor is checking for CO – 24/7
- Digital display shows CO levels of 5 p p m or higher
- Low Alarm - 1 5 p p m - audible & visual every 8 seconds
- High Alarm - 3 5 p p m - audible & visual every 4 seconds
- Crisis Alarm - 7 0 + p p m - audible & visual every 2 seconds

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NOTICE:
The availability of NSI 3000 Monitors is limited due to supply chain shortages.

For the foreseeable future, our inventory of NSI 3000 Monitors is limited to our supply on hand. This is due to both the chip shortage and shipping congestion. Therefore, these monitors are available first-come, first-served. When our supply is gone, we have been told not to expect more until the crisis is resolved.

ACT SOON TO MAKE CERTAIN YOU HAVE THE BEST PROTECTION FROM CO YOUR FAMILY DESERVES!