

VINCENT'S NEWS

The 'Van-Go' Gallery



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

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OWNER'S CORNER

THROUGH MY EYES

I had the opportunity to hear famed fitness and exercise guru Jake Steinfeld recently. He had his start as a trainer for Hollywood stars such as Harrison Ford whom he prepared for his role in Indiana Jones and the Temple of Doom. Today he is more widely known by the 'Body by Jake' fitness products that grew out of the fame that came from syndicated fitness cable TV shows..

It was a privilege to get to here Jake's amazing story of his rise from middle class to

celebrity trainer. However, my most important takeaway from what he shared was a very simple message: the importance of regular exercise.

I know for me that as busy as life is that finding the time—as well as the motivation! - is not easy. I start early and work long days, so when I get home at night it's hard to ignore the 'siren call' of my recliner!



With fitness guru and TV personality Jake Steinfeld.

Perhaps one of the best things that I did for myself was to establish a routine where I get on my exercise bike at least 5 nights a week. A healthy

(Continued on next page)

Did you know...

Did you know that you can get 1-1/2 hours of labor to use for any plumbing and/or home safety tasks for as low as \$11 (after subtracting the cost of a normal service charge) as an annual Plumbing & Home Safety VHP Club member? See the enclosed insert for a special offer.



SPECIAL REPORT:

Keep Your Drains Smelling Fresh and Flowing Free the Natural Way - Part 2 "The Solution"

(To read Part 1 – visit the 'Van Go' Gallery' at www.VHPinc.com, November 2013 newsletter)

Bio-Clean is an effective, totally natural solution to a disgusting problem.

Eventually soap scum, hair, and grease – and food waste from kitchen disposers - build up inside drain lines. Not only does it 'outgas' a foul odor of

decay, but left untreated the drain line will throttle the flow of waste water until the eventual

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THROUGH MY EYES (CONT'D FROM PAGE 1)

“We’ll even get the leaves out of your rain gutters if your visit is scheduled in May!”

habit makes it easier because I don’t have to make a decision every day. Without a routine I might get busy and forget. Plus, this helps overcome the negative influence of how I ‘feel’ at that moment—there’s plenty of times I don’t feel like exercising but I do it anyway because I’ve made it a habit. In fact, I have a greater feeling of well-being when I order my life with routines—even in the simple things of life that I can control like hanging up my coat or not putting junk food in the grocery cart. It’s amazing how much healthier I eat when I

don’t fill my cupboards with food I shouldn’t eat! The importance of routines is one of the reasons why our VHP Club is important. It helps make keeping heating and cooling equipment operating safely and efficiently easier—plus it saves money! A newer additions to the VHP Club is our Plumbing & Home Safety component. It complements the furnace and air conditioning maintenance with other home safety tasks that should be routinely done—but are too often overlooked and

neglected. Some of there too-easy-to-forget tasks include cleaning the lint from your clothes dryer to avoid fire and to save energy. Or checking your water heater, kitchen stove and other gas appliances for carbon monoxide. We’ll even get the leaves out of your rain gutters if your visit is scheduled in May!

Be sure to check out the special introductory offer to try a Plumbing & Home Safety Inspection enclosed.

You just may discover that it can be an important routine for your peace of mind.

Guess the Tech!

Do you recognize the VHP tech in this picture? He was a Boy Scout and eventually earned the rank of Eagle Scout.



SPECIAL REPORT

(... CONTINUED FROM PAGE 1)

clogged drain stops up the sink or tub. That's the bad news. The good news is that this buildup is like a smorgasbord to the horde of hungry bacteria and enzymes that are unleashed when you treat your drains with Bio-Clean.

Treatment of your drains with Bio-Clean is easy. The bacteria and enzymes in Bio-Clean are in a dormant, yeast-like powder form and so treatment is as simple as dumping a small scoop into a drain opening. Be sure to do this when the drain won't be used for a while to let the 'troops' 'have at it' until water is run down the drain and they are 'deployed' further down the line. And if you have a septic

system, using Bio-Clean is like sending in reinforcement troops to break down waste...and don't forget to use it to 'sweeten' holding tanks in a boat or motor home!

Within days of consistent treatment you will note that the odors have disappeared. This is because the source of the smell of decay and rot is being eliminated. Then the drain itself will begin to flow easier, and eventually will be restored to its original, unhindered state. But don't stop the treatments - you don't have to use as much to maintain a drain, but continued use will prevent a buildup from occurring.



Bio-Clean is so effective that it comes with a 100% money back guarantee. It has been around since the 70's and the maker has carefully crafted and tweaked the formula to include the perfect blend of bacteria strains and enzymes to create a product of unmatched effectiveness.

Bio-Clean is only available through select plumbing companies.

Next month: About Those Pesky, 'Too Easy To Forget' Home Maintenance Projects

"Within days of consistent treatment you will note that the odors have disappeared..."

A LETTER FROM A VINCENT'S CLIENT

The technician that took care of me was very polite and made me feel at ease. He took care of the

problem in a timely manner and answered all of my questions. I love VHP and

recommend them to all my friends.

L.G, Port Huron

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Word Search

This month's word search is taken from the things that you can choose Vincent's to check during a plumbing and home safety inspection visit. To learn more about these services, please refer to the insert in this month's newsletter.

B E Q K K R A I N G U T T E R S I T Z L F S
A C K F W N B U M A Y D H N K O O A A O B M
T A H Y L J I L D R Z Q L F E I X U X Y Z O
H L G E E K Q S O H Q B Z L L V N R L J F K
T P W X V O O T N D G Z P E J D R R U F Y E
U E G A S R A N G E K H T C R Z M E O N E A
B R U H X V H Y F A H L H Y F D Q T Y F J L
V I S U A L I N S P E C T I O N U A G R U A
L F R L J T D H A N S U T X H H V E T H D R
L A C I R T C E L E B T T I S K K H T Y I M
G O L S A G H E S E P B R N K R G R V K Q S
T E C U A F E S O H E D I S T U O E G O N S
V N Y T W B L D P S G A M I L I Q T U H K Z
J C P R U U E M A K M O S K A O M A C H Y Z
R E H S I U G N I T X E E R I F Q W Q F L W

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Lavatory

Bathtub

Kitchen Sink

Laundry Tub

Water Heater

Outside Hose

Faucet

Main Shut-off

Visual Inspection

Rain Gutters

Dryer Vent

Gas Range

Gas Log

Fireplace

Fire Extinguisher

Smoke Alarms

Electrical