

VINCENT'S NEWS

The 'Van-Go' Gallery



OWNER'S CORNER

61 Years of Excellence!

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Did you know...

...that every electrical outlet and switch on an outside wall is a potential source of drywall dust?

When drywall is cut to make room for an electrical box in the wall, the cut in the drywall is a source for drywall dust.

This can be transmitted into the house as 'white dust' when outside air infiltrating around the outlet picks up loose drywall particles.

THROUGH MY EYES

In a speech delivered in Cape Town, South Africa, in 1966, Robert Kennedy said "There is a Chinese curse which says, 'May he live in interesting times.' Like it or not we live in interesting times. They are times of danger and uncertainty; but they are also more open to creative energy of men than any other time in history."

It turns out that the

'curse' isn't 'Chinese' – and it isn't 'old' as I have heard it elsewhere described. Regardless, I certainly get the sentiment:

While 'sameness' can be boring, I'll take boring if it means we can avoid a pandemic, seeing a robust economy brought to its knees – along with businesses and working people facing economic ruin.

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



Here is Nathan showing a plugged AC coil - the dust was so thick it was like a blanket. All the air in the house went through this—yuck!

And if that wasn't enough, watching senseless violence

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The 3 Indoor Air Contaminants That Can Affect Your Health - Part 1: Particle Pollution

The past two issues have narrowly focused on filtration for your HVAC system as it relates to your indoor air quality. This month I want to expand that focus and begin to consider the causes of the main three areas of concern of the common indoor air contaminants that can affect your health. Specifically, the three areas are:

1) Particles and allergens

2) Germs and infectious agents

3) Chemical gases and odors.

Fortunately, there are solutions available for each area of concern. And if you have a ducted air system with either a furnace or air handler, these solutions are available to be added to your ductwork.

1) Particles Pollution:

While particles are commonly all lumped

together as 'dust', technically it is from a variety of sources. 'Dust' particles can consist of

- Insulation – fiberglass as well as cellulose
- Skin cells and hair that our bodies constantly shed
- Dust mite feces
- Pet dander
- Smoke
- Talcum-like cleaning

Continued Page 2

Air Filtration Solutions (Continued from Pg.1)

& hygiene products

- Drywall dust

According to the EPA “Particles that are 10 micrometers (µm) in diameter or smaller pose the greatest problems. These smaller particles generally pass through the nose and throat and enter the lungs. Once inhaled, these particles can affect the lungs and heart and cause serious health effects in individuals at greatest risk, such as people with heart or lung disease, people with diabetes, older adults and children (up to 18 years of age). Larger particles (> 10 µm) are generally of less concern because they usually do not enter the lungs, although they can still irritate the eyes, nose, and throat.” <https://www.epa.gov/pmcourse/what-particle-pollution>

“Both acute and chronic particle pollution exposures have been linked with health problems. An extensive body of scientific evidence shows that exposure to fine particles can

cause cardiovascular effects, including heart attacks, heart failure, and strokes, which results in hospital admissions, emergency department visits, and, in some cases, premature death. The scientific evidence shows exposure to fine particles is also likely to cause respiratory effects, including asthma attacks resulting in hospital admissions and emergency department visits, reduced lung development in children, and increased respiratory symptoms such as coughing, wheezing, and shortness of breath. There is more limited scientific evidence for a broader range of health effects associated with fine particle exposure (e.g., developmental and reproductive effects, cancer) (U.S. EPA, 2009).”

How Do I Recognize Particle Pollution?

Common symptoms related to particle pollution are a runny nose, cough, sneezing, congestion, sore throat,

asthma, and wheezing. In addition, these can have the effect of lowering your resistance to germs. In addition to the health effects, particle pollution can have a negative impact on your HVAC equipment:

- Compressor failure
- Increased energy bills
- Clogged A/C coil
- Build up on fan blower wheels causing diminished heating & cooling performance
- Unnecessary breakdowns
- Decreased equipment life

For both the health and equipment effects, this is why it is important to choose the correct filtration. For that information **refer to last month's (June 2020) Vincent's News.**

This can be viewed online at VHPinc.com/gallery in our archive or call us and request another copy.

- Daniel Squires

What Our Clients Are Saying...

“We have been customers for many years now and we can always rely on Vincent's technicians to be professional and good at their job. I would recommend this company to anyone!”

Linda Cox — North Street

Through My Eyes (Continued from Pg.1)

take place in our streets – starting with George Floyd and progressing to cities being torn up with violence and looting.

This is what we have for 2020. And it certainly is every bit as ‘interesting’ as it was in 1966. The backdrop of Kennedy’s speech – that many consider his greatest – was the issue of race in the form of South African apartheid.

Certainly, in America we have had our own struggles in this regard as evidenced two years after his speech in the Detroit riots and in the upheaval that we see today. If you’re like me, you react to this with a sense of frustration both of having thought we had made more progress as a society and the seeming lack of any real plan forward out of this situation. As I write this the loudest voices are demanding that police departments be defunded. But that is a thoughtless and imprudent notion that hopefully our leaders will reject. So what is the solution?

In the same speech, shortly after the above quote, Robert Kennedy shared this wisdom: “It is from numberless diverse acts of courage and belief that human history is shaped each time a man stands up for an

ideal or acts to improve the lot of others or strikes out against injustice. He sends forth a tiny ripple of hope and crossing each other from a million different centers of energy and daring, those ripples build a current that can sweep down the mightiest wall of oppression and resistance.”

As much as people cry out for the government to do something, the government can’t provide the solution, be it through the courts or legislation. If that was possible, it would have come in the past 60 years or so since the problem was recognized. Government solutions are external and have to be imposed on people. Instead, the solution has to come from within – and it can as each of us has the opportunity to stand up and as Kennedy urged to send forth a ‘tiny ripple of hope’ to join with others to ‘sweep down the mightiest wall of oppression and resistance’.

So what is the ‘ideal’ that can make such a difference?

For me, it is what is commonly and simply known as the Golden Rule: ‘do unto others as you would have them do unto you’ as commanded by Jesus. This is the way I try to treat my wife, my children, my coworkers, and anyone else that I encounter. It

is also my guide in how we treat our customers - how we stand behind our work as manifested in our written satisfaction guarantees.

Recently I have become aware of ‘virtue signaling’. Unfamiliar with the term, I looked it up: ‘the action or practice of publicly expressing opinions or sentiments intended to demonstrate one’s good character or the moral correctness of one’s position on a particular issue.’ While I might not have known what it meant, I sure have seen a lot of it as companies, entertainers, and even sports figures rush to express their concern about the current situation and pledge to do better.

The pledge that I can make is to keep on trying to make a difference in my small corner of the world by continuing to follow Jesus’ command to ‘do unto others as you would have them do unto you’. Too simplistic? Just imagine if everyone of us treated each other this way.

This is the difference that I can make. This is the ‘tiny ripple of hope’ that I can start.

- Daniel Squires

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Superman	Neapolitan	Cookie Dough	Cookies and Cream	Custard
Vanilla	Blue Moon	Chocolate	Soft Serve	
Moose Tracks	Rocky Road	Pistachio	Butter Pecan	

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Humor Section



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Your Best Choice*

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Four men are in the hospital waiting room because their wives are having babies.

A nurse approaches the first guy and says, "Congratulations! You're the father of twins."

"That's odd," answers the man. "I work for the Minnesota Twins!"

A nurse tells the second man, "Congratulations! You're the father of triplets!"

"That's weird," he answers. "I work for the 3M company!"

A nurse goes up to the third man saying, "Congratulations! You're the father of quadruplets."

"That's strange," he answers. "I work for the Four Seasons hotel!"

The last man begins groaning and banging his head against the wall.

"What's wrong?" the others ask.

"I work for 7 Up!"