

VINCENT'S NEWS

The 'Van-Go' Gallery



OWNER'S CORNER

61 Years of Excellence!

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Did you know...

...that SEMCO Energy Gas Company has doubled their rebates for replacing your old, inefficient heating equipment? Replace your working furnace with a 96% AFUE model and get a \$700 rebate. Replace your working boiler with a 90%+ AFUE model and get a \$1,600 rebate.

THROUGH MY EYES

It's hard to believe that we've been in this COVID crisis for over six months. After being cooped up inside for so long to stay safe, the coming of summer and being able to stay outside was like being let out of a cage!

Even more so, because the coming of warm weather for me is also the start of the biking season. That my

wife and I are avid bicyclists is probably no surprise to long-time readers of this column as I have written about my passion for them on several occasions over the years. In fact, the first time I did was 8 years ago in the October 2012 issue, the second issue of Vincent's News that we published.

I also have a

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



Here I am with my 'Giant' LaFree E-Bike on the trestle bridge over Mill Creek on the Wadhams to Avoca trail. - Daniel Squires

stationary recumbent bike in my basement that I ride

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The 3 Indoor Air Contaminants That Can Affect Your Health

Part 4: How to Eliminate Unhealthy Chemicals, Gases, and Odors in Our Homes

There are three main areas of concern of the common indoor air contaminants that can affect your health:

1. **Particles & Allergens** *(See July 2020)*
2. **Germs & Infectious Agents** *(See August 2020)*
3. **Chemicals, gases, and odors**

In the September issue we examined the health risks posed by

gases, chemicals, and odors in our homes. I ended with the observation that because of the shortsighted focus of our national energy policy to seal up air leaks in our homes - in order to save energy - that we unintentionally made the problem of indoor air pollution worse. This is because the chemicals, gases, and odors that could previously escape by these leaks could no

longer do so.

Our houses need to breathe, and while making a house airtight does save energy, if we put our health at risk by trapping these pollutants in our homes, we are just trading one problem for another. Again, as cited last month, EPA's list of the long-term effects that continued exposure to these

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Indoor Air Contaminants (Continued from Pg.1)

pollutants has on our bodies and out immune systems include respiratory diseases, heart disease, and even cancer.

The need for a house to breathe has been addressed in recent years by ventilation requirements in the building code, but that only applies to new houses that are being built. When you consider that we have been 'tightening up' houses since the 1970's, there are a lot of houses we are living in that are pose a health risk to us. Considering EPA's conclusion that the problem of indoor air pollution is so widespread that *'Every home and every building is at least slightly polluted'*, this is a problem that everybody living in an older home should address.

Essentially, we have two choices to solve this problem. We either need to add ventilation to our houses – yes, to let them breathe again - or we need to neutralize these chemicals, gases and odors with an oxidizing agent.

Adding ventilation is actually

superior to having a leaky house, both in terms of energy and in comfort. This is because ventilation that is added is controlled, and while you still have to either heat or cool the fresh air that is brought in, controlling it allows for some energy savings and definitely more comfort since drafts are eliminated. Ventilation is a very good option.

The other option to eliminate chemicals, gases and odors is to neutralize them with an oxidizing agent. There are UV – ultraviolet radiation – units that can be added to your home's ductwork to do just that. However, it is not same UV unit that kills germs that was described in the August issue.

Without getting too technical, UV generated at one wavelength - UVC - creates a kill zone for germs and viruses that are exposed to it, while UV generated at a different wavelength - UVV - creates an oxidizing agent that once added to the air can neutralize

chemicals, gases, and odors. Essentially, any carbon-based pollutant is broken down and made harmless by this powerful agent.

PureAiRx manufactures both UVC (germicidal) and UVV (oxidizing) UV units. But the most popular model is a powerful combo unit that has two U.V. bulbs – one UVC bulb for killing germs and viruses, and one UVV bulb that is an oxidizer. You can read more about in the enclosed PureAiRx Total Home Solution insert.

So what do I recommend to eliminate chemicals, gases and odors – between ventilation and UVV? They are both good solutions. If you are able to, do both. (We offer both as a bundle in our IAQ 5000 package – not shown.)

- Daniel Squires

P.S. From now until December 31, if you purchase a PureAiRx package, mention this article and we'll include an NSI3000 Low Level Carbon Monoxide Monitor – a \$199 value – at no additional cost!

What Our Clients Are Saying...

"We've had Vincent's Heating & Plumbing service our furnace and central air for many years. They always do a great job. They are friendly, professional, and always answer any questions we might have. We highly recommend this company! Thank you, Vincent's!!!

- Kathy Gwisdala - Fort Gratiot

Through My Eyes (Continued from Pg.1)

nearly every day when I can't ride outside, but this is a poor substitute for the joy that comes with going for a ride outdoors. And so, this year, after being in 'lockdown', I was very happy when I could finally do so.

You know me as someone that believes in the importance of annual maintenance for your heating and air conditioning system. I carry that same belief over to our bikes. And so, I get our bikes into Alpine Cycle every year to make certain that they will perform well for the season. However, this year these plans were affected by COVID.

Apparently, between my waiting too long to get our bikes in and everybody in the county having the same idea, by the time I got them in, there was over a 2-week turn-around time until we could get them back. I was disappointed, but this turned out to be a fortunate circumstance, because in exploring what our alternatives were, I discovered E-Bikes.

An E-Bike is an electric-assist bike and it is a technological wonder. Most people assume it is an electric version of a Moped or small motorcycle, but it's not. You still have to pedal, but

depending on how aggressively you pedal and what level you have it set for, the e-bike computer takes your efforts as cues to ramp up the amount of assistance the battery powered motor will provide.

John Eppley, at Alpine Cycles, was really smart. When we were discussing the bike situation, he suggested that I take an E-Bike for a ride. It was love at first spin. As I was walking back to the car, I called Karen with the bad news about the delay for getting our bikes back, but told her she just had to stop by and try out an E-Bike. She did and had the same reaction I did, and within a couple of days we were the proud owners of a pair of E-Bikes and out riding again – having paid for them with the money we didn't spend on a vacation this summer.

So what's so good about an E-Bike? The best description that I've come across is a person that described the experience of riding an E-Bike as getting 'the legs of a 12-year-old again' – when you could ride forever without fatigue. But the other thing is that they are FAST!

When we were adding accessories to the bike, we

asked for mirrors because we wanted to see when people were coming up behind us so we could know to get over to the side to let them pass. I think it was Kurt Eppley that quipped "Not anymore!" – and he was right. It is not uncommon for Karen and I to cruise at speeds of 16 – 18 MPH. A helmet is not optional anymore. And wow – are these bikes fun!

And so, for the summer of COVID, our distraction has been our E-Bikes. Since June, I am closing in on 900 miles and will easily pass over 1,000 miles ridden by seasons end.

And if you're wondering about our standard bikes – we still have them and ride them. Occasionally I run into a bicycle purist who holds the view that E-Bikes are somehow 'cheating'. Not true – you still have a good workout – just at a faster – and more fun! – speed.

In fact, now when I take my standard bike for a ride, I have measured significant improvement in my performance. All in all, this has been a silver lining for me for what has been a pretty dreary year for all of us.

– Daniel Squires

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ATTENTION VHP CLUB MEMBERS:

Are you available on a short notice to have your overdue maintenance visit done? Call and let us know if we can call you when there is a cancellation to help get our 2020 maintenance visit backlog caused by COVID caught up .

J S H W J J S T B Y M D M G Q K V V C T X A	SNICKERS
T R O N Y M V E A U O S F Z I I T C P E W I	MILKY WAY
H E Q S G N U W N P T F X S I T E W P M R R	LAFFY TAFFY
K K U V F C Y G Y X O T J L T K K X V Z A V	BUBBLEGUM
E C P D P K U E E L X D E O L A F A A R W F	TWIX
B I X X L J Q M A L H G W R A T L N D N N D	KITKAT
A N Z I E J Y N W Z B M E P F W S A M V Z Q	BUTTERFIN-GER
H S M T W R S G U Z Y B K A F I K L V J E L	PAYDAY
J O L L Y R A N C H E R S B T I O G T F A L	SMARTIES
T P O Y C F X P H L J H B M A N A R E O S P	LIFE SAVERS
S T R A T T E E W S O K T U F Y C S T R A R	JOLLY
Q J F X L W J U D R I L X C F J A R Q Y Q P	RANCHERS
S M A R T I E S X R V Q L I Y V X N D M J J	SWEET
S D N U O M P Y U V P H I I E Y F A Q T Q R	TARTS
E V O Q G V B Z W B D M J R P X Y W T J U X	MOUNDS
Q Y T J P D W W Q S K W S E X O S G H X U E	LOLLIPOP
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Humor Section



An old, blind cowboy wanders into an all-girl biker bar.

He finds his way to a bar stool and orders a drink.

After a while, he yells to the bartender, "Hey, you wanna hear a blonde joke?"

The woman sitting next to him says, "Before you tell that joke, Cowboy, given that you're blind, you should know five things:"

"The bartender is a blonde girl with a baseball bat. The bouncer is a blonde girl with a billy-club. I'm a 6-foot tall, 175-pound blonde woman with a black belt in karate. The woman sitting next to me is blonde and a professional weightlifter. And the lady to your right is a blonde professional wrestler."

"Now, think carefully, Cowboy...do you still wanna tell that blonde joke?"

The blind cowboy thinks for a second, shakes his head and says, "No – not if I'm gonna have to explain it five times...."