

# VINCENT'S NEWS

## The 'Van-Go' Gallery



*OWNER'S CORNER*

**61 Years of Excellence!**

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## Did you know...

**...VHP techs follow safety precautions for your protection in situations like the current Coronavirus pandemic? You can see them on our website at [VHPinc.com](http://VHPinc.com) and view our current service status.**

## THROUGH MY EYES

In mid-March as I write this, the world is changing as a result of the Coronavirus. I want to encourage you that as we survived '9/11' and the financial crisis of 2008 that we're going to survive this, too.

My father, Ray Squires, taught me about the importance of establishing

milestones to remember when a challenge has been overcome. Then when you face the next struggle you can think back to all the previous troubles that you've come through. This gives you the faith and courage you need to face the current trial.

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



I asked Install Techs Nathan & Jeyson for a photo for our clients and here they are with big smiles and 'thumbs up'!

Except Dad didn't call them milestones – he

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## How the Right Amount of Humidity is the Key to Creating a Healthy Zone in Your Home: Part 1: Reducing the Ability of Viruses to Spread

Controlling the humidity level in your home is potentially the easiest way to reduce a virus' ability to spread and infect people in your home according to the research data from multiple scientific studies over the last ten years.

In spring and winter, air is dryer and the (relative) humidity level

in many homes can be 30% or lower. Raising the humidity level in a home to 45% can make a dramatic difference by creating a Healthy Zone. Regarding flu viruses, higher humidity levels reduce the distance a flu virus will travel as it is contained in the water droplets that are expelled in a cough.

Even though the COVID-

19 virus is not your typical flu virus, its transmission method is through bodily fluids, and its ability to become airborne via droplets from coughs is very much like how the flu virus works. The same physics of why humidity reduces airborne transmission of a flu virus should apply to COVID-19

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# Healthy Zone (Continued from Page 1)

transmission as well.

## The Science Behind Using Humidity to Reduce Virus Exposure

The research suggests that the reason higher humidity levels limit the ability of a virus to spread in an aerosol form has nothing to do with the virus itself—but rather the water droplets that carry the virus expelled by a cough. Here's why:

The distance the water droplets can travel when you cough is based on the size and thereby weight of the droplets. Smaller droplets of moisture are lighter and will travel farther than larger droplets which fall to the ground more quickly. This is because in dry air, much of the moisture in the virus-laden droplets immediately evaporates into the surrounding dry air. This reduces the size and weight of the

droplets thereby allowing them to stay airborne longer and carry the virus further.

The opposite is true with air in the 40% - 50% (relative) humidity range— the Healthy Zone. In this case, virus-laden droplets being expelled by a cough into the moister air can't shrink as much in size and weight. This is because the evaporation process described above slows down in air that is already saturated with moisture. (The wetter a sponge is, the less it can absorb water.)

The result: the droplets stay heavier and – along with the virus – don't travel as far and fall to the ground sooner. The bottom line: humid air decreases the “blast” radius of a sick person's cough, which lowers the risk of coming into contact with the virus. This is an

over simplistic explanation of one of the ways humidity affects airborne virus transmission. For the science, Google:

'high temperature and high humidity reduce the transmission of COVID-19' and 'dispersion of human exhaled droplets based on humidity'

If you don't already have one, you can get a digital, battery powered humidity meter for around \$10 - \$20. Then you can harness the above information to make certain the humidity in your home stays in the Healthy Zone. For more information see the nearby insert with a diagram that illustrates how important it is to stay in the humidity 'Healthy Zone'

- Daniel & David Squires

## What Our Clients Are Saying...

"The staff are all so nice to those on the phones in the office to those that come out to my home. I'm very happy with this company. They have done both heating and plumbing work at my house and I'm well pleased with it all! It's great that they are local too!"

*Maleia Wassom - Marysville*

## Through My Eyes (Continued from Page 1)

called them 'Ebenezer Stones'. This refers to a story from First Samuel 7 in the Bible. The story relates how God miraculously delivered the Israelites from the combined forces of their enemies that had gathered to attack them.

As the Israelites looked at the army that was coming against them they were overwhelmed and afraid. Out of options, they asked the prophet Samuel to pray for God to rescue them out of their difficulty.

As Samuel prayed and made an offering to God, the enemy closed in on them, but the Lord 'thundered with such a loud thunder' against their enemies and threw the enemy into such a panic that the Israelites were able to rise up and defeat the enemy. Then from verse 12:

'Then Samuel took a stone and set it up between Mizpah and Shen. He named it Ebenezer saying, "Thus far the Lord has helped us."

Influenced by this story, in 1758

Robert Robertson, an English pastor, penned the verses of the hymn "Come Thou Fount of Every Blessing". It has been a source of encouragement and comfort for over 250 years. You can hear this beautiful song on YouTube—search "Come Thou Fount of Every Blessing with Lyrics Chris Rice." Let me share the words with you:

*Come, thou fount of every blessing,  
tune my heart to sing thy grace;*

*Streams of mercy, never ceasing,  
call for songs of loudest praise.*

*Teach me some melodious sonnet,  
sung by flaming tongues above.*

*Praise the mount, I'm fixed upon it,  
mount of thy redeeming love.*

*Here I raise my Ebenezer;*

*here by thy great help I've come;*

*and I hope, by thy good pleasure,  
safely to arrive at home.*

*Jesus sought me when a stranger,  
wandering from the fold of God;*

*He, to rescue me from danger,  
interposed his precious blood.*

*O that day when freed from sinning,  
I shall see thy lovely face;*

*Clothed then in blood washed linen  
how I'll sing thy sovereign grace;*

*Come, my Lord, no longer tarry,  
take my ransomed soul away;*

*Send thine angels now to carry  
me to realms of endless day.*

*O to grace how great a debtor  
daily I'm constrained to be!*

*Let thy goodness, like a fetter,  
bind my wandering heart to thee.*

*Prone to wander, Lord, I feel it,  
prone to leave the God I love;*

*Here's my heart, O take and seal it,  
seal it for thy courts above.*

Be encouraged. Have faith - we'll get through this. And let's 'raise an Ebenezer' on the other side of this ordeal.

- Daniel Squires

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## Word Search: Hope

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Abundance

Contented

Thankful

Laughter

Friends

Together

Warmth

Love

Family

Belonging

Smile

Sunshine

Happiness

Peace

Future

Joy

Victory

Strength

Bravery

Optimism

[www.vhpinc.com](http://www.vhpinc.com)

## Humor Section



*The Most Reasons to be  
Your Best Choice*

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The new paratrooper recruit gets ready to make his first jump from a plane.

The jumpmaster sees he's nervous and says, "Don't worry. Just get out there, arch, count to ten, and pull your main ripcord. If there's a problem with the main chute, you know you have a reserve chute. When you land, the truck will pick you up and take you back to base."

So the recruit works up his courage and jumps. He arches and pulls. Nothing happens. No worries, he thinks, I've got my reserve chute. So, he reefs on his reserve ripcord. Dirty laundry comes out of the reserve container.

He's falling faster, close to terminal, and he looks at the ground and says, "Great. I bet the truck won't be there, either."