



Happy New Year

MYERS

F. E. Myers by Pentair, INC. has a history and product line of depth and diversity. Myers was founded in 1870 by brothers Francis and Philip Myers in Ashland, OH with the first double-acting hand pump, which successfully delivered water on the up and down strokes. In 1960 Myers sold to McNeil Corporation who later sold to Pentair, INC. of ST. Paul, MN in 1986. This \$3 billion corporation offers a wide range of water products including Myers wastewater removal and industrial pumps and systems. F. E. Myers continues to operate as a U.S.A. made company with a 410,000 square foot manufacturing, distribution, foundry, and office facility in Ashland, OH. This facility employs approximately 600 persons. Their mission statement and promise to their customers “is to provide extraordinary responsive service and quality products so that our customers find it easy to do business with us.”

F. E. Myers continues to improve for their customers over its nearly 150 year history. Myers now offers top quality jet and submersible well pumps; utility, sump and sewage pumps; effluent pumps; non-clog and other large waste handling pumps; and high pressure reciprocating and centrifugal pumps and pumping systems for residential, agricultural, commercial, municipal and industrial applications for North America and more than 100 foreign countries. Myers also offers an easy-to-use website, **femyers.com**, and software. **MAPS 6.0** is a comprehensive computer program which allows you to quickly calculate single or multiple pumps for quotes or current jobs. Myers has recently made improvements on head calculator graphics, graph scaling, and vista compatibility plus added the ability to show head in units of pressure and calculate atmospheric pressure derived from altitude. Access this **FREE** software online, downloading, or ordering a disk. While on their website you can also order a free catalog and browse their vast value added services and top quality products. Ask your local Valley Supply salesperson for our current Myers stock selection and special order products.

To meet the Myers staff in person visit your local Valley Supply Myers vendor day or visit one of the following trade shows. While at a trade show you can also meet your other favorite manufacturers and learn about new products and improvements.



- International Builder’s Show in Orlando, FL, Booth W1913, January 12-15, 2011
- Pumper and Cleaner Environmental Expo in Louisville, KY, Booth 7032, March 2-5, 2011

Special Points of Interest:

- U.S.A. Made Vendor Spotlights
- Dates and Events to Remember for 2012
- Pictures of the New CDC site
- Helpful Honeywell Apple Applications
- Pick-up your 2012 calendar
- Boar and Ram Hunt Contest Begins

Looking Forward to a New Year



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OX BOX

SIouxCHIEF.COM



SHOWER DRAIN (square strainer)

MCHUMOR.COM by T. McCracken



"Your husband started without me, didn't he?"

©T. McCracken mchumor.com

Be sure to stop by your local Valley Supply branch and pick up one of our free 2012 calendars.



NEW

TOLL FREE PHONE NUMBER!

(855) 269-2988

SIoux CHIEF

Sioux Chief Manufacturing is an innovative, forward-thinking, and family owned enterprise. They offer an array of U.S.A made products to meet your specific residential and commercial plumbing needs. By offering over 1,000 products you are sure to find what you need.

Sioux Chief offers products in supply, access, drainage, testing, support, specialties, and tools. Their products are rigorously tested and made from top quality materials. For example, the Ox Box is

a fantastic product which allows the user to quickly stub-out water line hook-ups in a variety of applications. It allows for separate stub bays and drain and trap to be installed in the same bay. It also allows for a variety of installations and an easier path for supply lines. The Ox Box has one standard frame. See for yourself how easy, fast, and strong the Ox Box is. Valley Supply offers a variety of Sioux Chief drainage products for residential and commercial installations. You will enjoy the easy-to-install flanges



and drains along with the variety of strainers. The square shower strainer is the perfect solution for tiled shower floors. Come to your local Valley Supply to see all that this American company has to offer you and your customers.

Sioux Chief is distinctive, quality, and the solution to your plumbing needs.

Quick Facts: Health Insurance

2012 is here and new health insurance regulations are just around the corner. Starting in 2014 employers will be faced with tighter regulations depending on their number of employees and average annual wages. However, employees also face changes that will affect how and where they acquire health insurance. The following facts will provide quick points that employers need to know and prepare for. Please visit healthreform.kff.org for detailed information that will affect you and your employees.

Employers:

- 50 plus full-time equivalent employees: companies who do not offer health insurance or offer unaffordable insurance (more than 9.5% of wages) will be penalized a minimum \$2,000 per employee, with penalty amount increasing over time
- 25 to 50 full-time equivalent employees are exempt from penalties however will not receive tax credits
- 11 to 24 full-time equivalent employees who offer health insurance with average annual wages of less than \$50,000 and pay at least 1/2 of health insurance coverage are eligible for tax credits
- 10 or fewer full-time equivalent employees who offer health insurance with average annual wages of less than \$25,000 are eligible for full tax credits

Employees:

- Health insurance companies will have to provide coverage to all persons regardless of health history or status (pre-existing condition)
- The federal government is currently accepting applications for persons and families with pre-existing conditions into the Pre-Existing Condition Insurance Plan. This plan must cover 65% of medical costs with a maximum pay-out of \$5,950 for individual and \$11,900 for family of four. In 2014 this plan will expire.
- Medicaid has been expanded for individuals under 65 and in poverty. Check to see if you are now eligible.

8 Ways to Beat the Winter Blues

As the days get shorter and winter closes in, many people feel like hibernating. We start sleeping more, eating more and avoiding social contact. The effects can be particularly oppressive for people with depression, many of whom feel escalating dread as the end of daylight saving time approaches. Here are eight ways to keep the black dog at bay after you turn back the clocks.

- 1) **Light Therapy:** This treatment uses special light sources that stimulate the body positively. A visit to a therapist who specializes in this treatment is recommended, although light boxes can be purchased without a prescription. Using light therapy upon waking at the same time daily has three major positive effects on the body. Sorry, regular house lights don't count.
- 2) **Socializing:** Get Out! Force yourself to interact and get out of the house. Regular positive interactions counteract winter blues.
- 3) **Exercise:** Choose an activity that you enjoy and schedule it at regular times. Taking a walk regularly counts. This is also an opportunity to socialize.
- 4) **Deep Breathing:** Taking slow, deep, relaxing breaths stimulates the vagus nerve, which is responsible for counteracting the stress response. Taking these breaths several times during the day can reduce stress and keep you from going over the brink. Yoga is recommended.
- 5) **Massage:** During massage, levels of the stress hormone cortisol, which is often high in depressed people, fall while levels of the neurotransmitter serotonin — the same brain chemical increased by antidepressant medications — rise. Research hasn't found one particular type of massage to be more mood uplifting than another, so treat yourself.
- 6) **Caffeine:** The Nurses' Health Study found that women who drank more than four cups of coffee a day had a 20% lower risk of depression than women who drank less. The research did not include men but there's little reason to suspect a wildly different effect in them.
- 7) **Supplements:** There are two supplements available in health-food stores that studies suggest have at least some positive effects on depression: S-adenosyl-L-methionine, or SAM-e, and omega-3 fatty acids, particularly eicosapentaenoic acid (EPA). Omega-3s are also abundant in oily fish such as salmon and sardines. The [Comparative Guide to Nutritional Supplements](#) by Lyle MacWilliam is a great resource for supplement research.
- 8) **Professional Help:** Seeking professional help is a great option for those who suffer more than seasonal winter blues or need to talk. Depression and the seasonal winter blues are more treatable than ever, no need to suffer through it.

By Sora Song; Time Magazine; November 1, 2011 <http://healthland.time.com/> *Ask your doctor for guidance.*

Must Have Applications

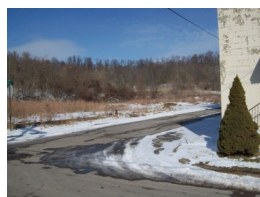
Honeywell is proud to offer peace of mind and comfort at your fingertips. If you have an iPhone, iPad, or iPod, these two applications are a must have for you.

- 1) The Total Connect Comfort application allows the user to remotely monitor and manage their heating and cooling system—at anytime, from anywhere. This application works with the Prestige, Prestige IAQ, Wireless FocusPro, and EConnect Comfort System. This application is perfect if you are working with multiple homes or zones as you can access each one individually. Now you can return home to comfort.
- 2) The Wiring Guide for Domestic Heating Systems by Honeywell application provides full technical details of how to wire all the components of a domestic heating layout into a workable, safe, and efficient system. This application provides all the required circuitry; wiring advice and technical specifications suitable for your particular job. This application is suitable for all types of wiring layout whilst also offering fault finding and product compatibility advice.

CDC



Pre-excitation of Land



Pre-excitation of Land (from road)



Excavation Begins



Excavation Begins (from road)

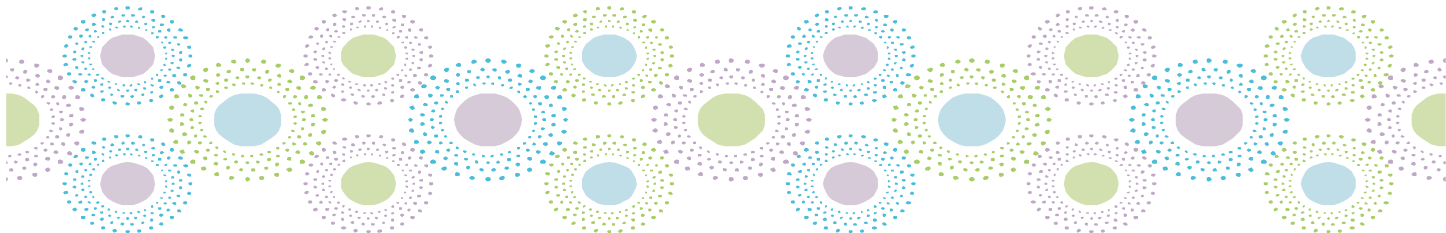


Excavation of Road December 10



Excavation of Land December 10

Valley Supply is one step closer to a new Central Distribution Center, CDC. We are "ready for winter" with the excavation and excited for Spring to come. These pictures show the current status of the CDC plus pre-excitation pictures. We plan to debut the new CDC in the Fall of 2012.



2012 UPCOMING EVENTS

Dear valued Customer,

January

Happy New Year!!!

January 1st: Boar and Ram Hunt contest begins

February

“Sweetheart Deals”

March

March 11th: Daylight Savings

March 20th: Spring Begins

March 31st: Boar and Ram Hunt contest ends

A.O. Smith Hot Water Heaters Specials

April

April 3rd: a common meeting place will be designated and participating contestants will be notified

April 7th: Boar and Ram Hunt Sponsored by A.O. Smith and Empire Comfort Systems for qualifying participants

May

Myers Pumps Specials

June

June 20th: Summer Begins
Moen Faucets Specials

July

July 18th: Elmo D. Sines Memorial Golf Tournament (sponsors T.B.A.) for qualifying participants

August

Culvert Specials

September

September 22nd: Autumn Begins
“Pre-Season Heating Deals”

October

Empire All-In-One Fireplace Specials

November

November 4th: Daylight Savings
Acme Trunk Line Specials

December

December 21st: Winter Begins
End of Year Specials

2012 has arrived with new horizons to conquer and goals to achieve. We at Valley Supply Company are here to help you succeed no matter what smooth roads or obstacles are ahead. When in need, we and I are here for you. Call your local valley supply company branch in Clarksburg, Elkins, Parkersburg, or St. Albans. I am here for you personally. Please feel free to contact me at 304-635-7121 if you can't find a product, have a problem, or need anything, just call. Thank you and have a happy New Year and Winter!

Rogers R. Earl Jr.
President / CEO

Thank You Platinum Level Sponsors



Thank You Silver Level Sponsors



Thank You Bronze Level Sponsors



We are on the web
ValleySupply.net
DreamScapes.co