



## Ken Field

Owner of Slate Belt Energy Services

Exclusively in the Blue Valley Times

### Keep Your Heat In

Last week I attempted to compare the cost of fuels for the most popular central systems. I did not include wood pellets or unvented propane heaters

because they are something to be discussed when central heating is not the topic. They all do a good job at what they do but they are not considered central heating systems. For example if you came in from the cold and put a torch on your forehead, your whole body will not get warm but you'll have a nice burn on your head. You need

even reasonable heat over a larger area.

After seeing that the cost of all fuel is similar, you need to reduce the quantity you use if you want to save money. The way to do that is to keep the heat you make in your home longer. You need to stop air from just entering and leaving like it owns the place. Every building is like a chimney, warm air rises and escapes at the top and new air is drawn in at the bottom to fill the void. Your house may need a chimney but doesn't need to be one. The work that needs to be done first is tedious and takes place in the attic. Most people don't like going to the attic and don't like tedious jobs but if you can save a thousand dollars a year or more, maybe you should consider it. You don't need any specialized tools either, just a headlamp and a foam gun which now can be purchased in any big box store. NOT the cans of foam with a straw but a gun with a trigger and an adjustment for foam bead. Cans screw onto the gun and last a long time. We typically spend 6 hours sealing gaps and cracks in an attic and there are usually some big openings that need to be closed off with

foam board. We use  $\frac{1}{2}$ " foam board and cut it with a utility knife and seal it in place with foam. Soffit ceilings over bathtubs and kitchen cabinets are gold when it comes to stopping air loss. After you are finished with the air barrier more insulation can be added to improve the thermal barrier. Those 2 things are the keys to lowering energy cost in any home. The same gaps exist around the edge of your home if you have a basement and the same foam can be used to seal those cracks. When that is finished, you have blocked the exit point for warm air and the entry point for cold air.

Ken Field is the owner of Slate Belt Energy and Field's Service, Inc. As a certified energy rater and contractor, he is qualified to assess every aspect of energy usage and prescribe solutions to save energy. He can be reached at 610-759-6306 or email Ken@FieldsService.com



L-R Kevin Bush, Georgette Wenton (Elizabeth Dole Foundation), Mathew O'Rourke, June Pepe



L-R Kevin Bush, Volunteer from (Battle Borne) , Mathew O'Rourke, June Pepe

## Donations

Continued from page 1

The motion was put on the floor for a vote and the SBVA unanimously approved the motion to proceed with the project. "The intent is to build at our cost," Kovalevich had said. "Any excess funds would be put toward for future Veterans' needs."

"This project is the first of its kind in the Slate Belt," said Leon Vanderpool, SBVA Board President. "Thanks in large part to the cooperation of Judge Leonard Zito of Bangor we have been able to move forward with this much needed project. We are thrilled to be having our Groundbreaking Celebration this October."

The plan is to develop a housing complex of eight buildings on the property, two floors in each building and two apartments on each floor. The buildings will meet all ADA requirements and will include the necessary modifications required for the benefit of disabled Veterans and/or their families. All donations raised will include the design, engineering, and construction of the complex.

Your gift will help provide ADA housing for disabled combat warriors and their families! The Slate Belt Veterans Administration is a 501c3 and so your donation is 100% tax deductible.

Your generosity will go right to work on the completion of this special project.

The seeds of the Elizabeth Dole Foundation were planted in 2011 when Senator Elizabeth Dole spent 11 months at Walter Reed with her husband, Senator Bob Dole, while he recovered from surgery. During that time, she met many family members who were there with their injured service members. She heard the same concerns over and over; "What's next?" "Where do we go from here?" "What will happen to my family?" Senator Elizabeth realized there was very limited support for military and veteran caregivers and knew she was in a position to do something, so she started the Elizabeth Dole Foundation. Her first order of business was to commission the Rand Corporation to conduct a comprehensive study to learn about who caregivers are and what their needs are. The programs the Foundation offers today are a direct result of the study.

Some of the programs help caregivers directly like free respite care and emergency financial assistance.

The Foundation has partnered with the VA to develop the Campaign for Inclusive Care; training for clinicians and staff at the VA to help them recognize the importance of the caregiver to the veteran, the improved outcomes for the veteran, and how to incorporate the caregiver as part of the care team.

The Elizabeth Dole Foundation also advocates for caregivers and was instrumental in the passing of the Mission Act and bringing the Elizabeth Dole Act of 2022 to Congress. The foundation also testified before Congress and continues to hold Congress and the VA accountable for implementing the Mission Act as it was intended.

### Battle Borne and The Elks Lodge #319

Battle Borne: Our Mission is to connect veterans with the resources needed to recover from mental, emotional and physical trauma so they can restore their lives and reintegrate into society. We achieve this through a collaborative effort of like minded individuals and organizations, by leveraging both internal and external resources to assist veterans in our community.

The Elks Lodge #319 East Stroudsburg. To inculcate the principles of Charity, Justice, Brotherly Love and Fidelity; to recognize a belief in God; to promote the welfare and enhance the happiness of its Members; to quicken the spirit of American patriotism; to cultivate good fellowship; to perpetuate itself as a fraternal organization, and to provide for its government, the Benevolent and Protective Order of Elks of the United States of America will serve the people and communities through benevolent programs, demonstrating that Elks Care and Elks Share.