



Ken Field

Owner of Slate
Belt Energy
Services

Exclusively in the Blue Valley Times

Perfect Match

Some things that are common today really save a lot of energy. LED light bulbs come to mind first. Dimmers also reduce energy consumption if used properly. It is obvious that more light is needed in your home during the time when the sun is not shining. But it varies too because it's not either bright or dark. So a dimmer allows you to adjust the amount of light you get to just the right amount. Keeping that thought in your mind, the same applies to air conditioning. It's not always 90° outside or sunny or humid but almost all air conditioners are either on or off. It's all or nothing. Sure they cycle with the thermostat but how would that work with lighting in your room; on full for 2 minutes then off for 5? I don't think that would be very conducive to reading a book. The job of an air conditioner isn't just temperature either, it's humidity removal. Certain conditions need to be met for a system to effectively remove humidity and most people, including many who sell systems, don't know what those conditions are or how to achieve them. Proper airflow and proper indoor coil temperature can make or break an indoor comfort system and the size of the system is responsible for most of that. If I had to take a stab at it I'd say that over 50% of the systems installed are not the correct size for the home. Like having a 150 watt light bulb in your bathroom, it is just too much and until now there really was no dimmer for an air conditioner. A central system on the market today has exactly that technology built into it and it compensates for so many design flaws that not only can it work like a charm on a new installation but it can adapt to many conditions on older systems that are not perfect and improve the comfort while reducing energy consumption. These systems exceed the performance of the 2 stage units we previously loved and don't cost any more. So now you can have a system that can operate in a range from 20% to 100% of its rated capacity and match the weather while removing humidity effectively. This is all done in the background so when you are now comfortable at a higher indoor temperature because of lower relative humidity, you can run the system at 74° instead of 70.

They are called inverter systems. The same technology is used in these central systems as is found in the mini split units. They are made by Bosch and are definitely worth a look.

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

LUNCH & LEARN SERIES: LOW BACK PAIN



Join Robbins Rehab West in this
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NICK HOROWSKI DPT

Nick is a clinical director
at our Bangor location

In this lunch & learn
Nick will cover:

- How to get your spine to last 110 years!
- What are your options if you have back pain?
- The 3 Common Causes of Lower Back Pain and Sciatica
- What does successful treatment look like?



Thursday, May 4th at
12:00PM



225 Erdman Avenue
Bangor, PA, 18013



Registration:
Call or text
text 610-295-9256

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SBE

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NOTE: SELECT "HAITI MISSIONS" FROM THE PAYPAL DROP DOWN MENU

URGENT NEED!

By Pastor Frank Pons

BANGOR - Due to political unrest and severe gang violence, our Haiti School that we support had to escape to a location up in the mountains.

As you can see from the pictures, their school house is now very humble and without a solid roof.

Because they are now entering the "rainy season" in Haiti, we need to quickly raise the funds to get them a tin roof to help keep their space and supplies dry.

Will you please consider donating today?

<https://pentecostalchurchmissionoflove.org/give>

(Once you click on the PayPal link, please select "Haiti Missions" from the dropdown menu!)

Thank you in advance! If you're unable to donate, please share this post!

God bless!

GAZEBO CONCERTS

June 4 thru August 27, 2023

FREE TO THE PUBLIC

<p>June 4 Renegade Ramblers featuring Doc Pappalardo</p> <p>June 11 Vinny Bianchi & La Cuchina</p> <p>June 18 Nancy & Spencer Reed</p> <p>July 2 Lost Ramblers</p> <p>July 9 Michèle Bautier Duo</p> <p>July 16 Erin McClelland Band</p>	<p>July 23 Sol Katana</p> <p>July 30 Len Mooney's Lunar Eclipse</p> <p>August 6 Gary Dillon</p> <p>August 13 Bill Stine & Friends</p> <p>August 15 Skip Detrick & Friends</p> <p>August 20 Tony Dellaria & Friends</p> <p>August 27 Marty Wilson & Friends</p>
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6-7:30pm • Sunday Evenings

JOIN US FOR ANOTHER WONDERFUL SUMMER OF GREAT MUSIC

Bring a blanket or a lawn chair and will be required to operate in accordance with PA Department of Health and CDC guidelines. (In case of rain, the concerts will be moved indoors.) Refreshments available. Gazebo concerts are made possible by The Weightman Family, church members and by supporters like you. For information contact Jim Dellaria at (570) 350-3404 or Dellaria@gmail.com

Main Street • Delaware Water Gap