

Barry Field & The Blues Field Band at The Bookhouse

By Linnae Cintron

STROUDSBURG- Eastern Monroe Public Library's popular BookHouse concert series resumes on Friday, July 20th at 7:30 PM with a concert featuring Barry Field and the Blues Field Band with A Look At Popular Music Through the Lens of a Guitar.

A Journey of American Music based on the shared tradition that created the unique popular sounds through the years. Today this music merges the roots of these different genres to a style of music called Americana today. The guitar, starting in the middle of the 1800's as a parlor instrument, has played a significant role in popular music through the years.

Barry Field and the fellow Blues Field band consisting of vocals, guitars and percussion will take you on this magical journey of great American music that includes folk, ragtime, blues, jazz, country, rhytm and blues including Motown, rock and roll and pop music with unique and popular arrangements on the guitar.

Doors will open at 7PM, and the performance will begin promptly at 7:30. Refreshments will be available for a small charge. All BookHouse programs take place in the Edinger Community Room of the Hughes Building, Eastern Monroe Public Library, located at 1002 North 9th Street (Rt. 611 at Chipperfield Drive), Stroudsburg. For further information, please call 570-421-0800 x312 or visit www.monroepl.org/bookhouse.html.



Budget Directs Funding to Lyme Disease

By State Rep. Joe Emrick

BANGOR - Pennsylvania has been labeled "the bull's eye for Lyme disease" by one public health official.

This year's 2018-19 state budget addresses many of the state's critical health needs by directing resources to several important line items, including \$2.5 million for Lyme disease.

Efforts will include building a more robust Lyme disease prevention and education program, conducting more well-rounded surveillance through activities like a statewide environmental survey, and improving participation in tick-borne disease surveillance with providers and local health departments. The funding specifically addresses many of the recommendations outlined by the Lyme Disease Task Force, which was created by Act 83 of 2014.

Other health-related funding priorities include increases to support the state's West Nile Virus and Zika Virus control program; take care of those with intellectual disabilities; and offer evidence-

based home visiting services to families affected by the opioid epidemic. Bio-technology research, ALS support services and regional cancer centers also will receive increases in this budget.

Tips to prevent Lyme Disease



-  Walk in the center of trails
-  Use repellent that contains 20% or more DEET, picaridin, or IR3535 on skin/clothes
-  Bathe or shower within 2 hours after coming indoors to find and wash off ticks
-  Check your entire body for ticks with a mirror after returning from outdoors
-  Examine your gear and pets to keep ticks from being brought inside
-  Tumble dry clothes on high heat for 10 minutes to kill ticks on clothing

Credit source: Centers for Disease Control and Prevention



ATC Trail to Town Family Jamboree
FREE Outdoor Event
RAIN or SHINE

Hosted by: Senator Mario Scavello along with Wind Gap Borough

Open Mic Music and Family Fun Activities

Saturday, August 4th
Noon - 3 p.m.

Wind Gap Park
Third Avenue
Wind Gap, PA

Activities include:

- Camp Site Demonstration – Boy Scouts of America
- Parachute Games on Lawn – Girl Scouts of America
- Giant Jenga Game – Girl Scouts of America
- Smoke House/Fire Safety Equipment – Lookout Fire Co. No.1
- Recycling Color Activity – Waste Management
- Live Wildlife Animal Show – Wildlands Conservancy
- Obstacle Course – Vietnam Veterans of America, Chapter 678
- Musician Open Mic – Coordinated by Brothers Music Shop
- Fly Tying and Fly Casting – Forks of the Delaware, Trout Unlimited
- And More....



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*References available from residential
to commercial sources.*

570-517-6596



Ken Field

Owner of Slate Belt Energy Services

Exclusively in the Blue Valley Times

Cut Your Losses

I have said this many times and it is more obvious this summer than usual. You can add more heating and cooling capacity to a house or you can make it NEED less of both. The only way to make it need less of both is to add insulation. The great thing about insulation is that it has no moving parts and doesn't require maintenance. It doesn't use electricity or oil or gas and it is whisper quiet. How many more reasons do you need to consider this magic solution? Most people are familiar with itchy rolls of fiberglass and know that summer is no time to be playing with that stuff but most people don't know that fiberglass is not a very good choice for insulation. You buy what the label says and use it like everyone else unless you know better. Cellulose insulation is a better overall insulator and can be used almost anywhere. In order to get good performance it should be installed by a trained professional. You can blow it loose in your own attic but dense packing walls and ceilings is not for beginners. When a house is insulated properly it is not unusual for replacement heating and air conditioning systems to be reduced in size by 30%. Those systems will use 30% less energy than the old systems and you will see a good return on your investment in insulation. Your house can be like a Styrofoam cooler or it can be like a wash basket. The choice is really yours but it's not a tough one to make.

There are methods of insulating that I rarely see anyone else doing and I'm not sure why. One reason I suspect is because everyone likes the easy way and there's no way to know how bad a job performs until it's too late or unless you have something to compare it to. By then you're stuck with the fiberglass. Spray foam is not a bad thing even though it uses chemicals because it will save more fossil fuel by insulating a structure than it did to produce the foam. Fiberglass insulation requires a huge amount of energy to produce because it requires melting sand. Cellulose insulation uses post-consumer paper products so it is actually a recycling process and it requires very little energy to produce, relatively speaking. There is no downside to cellulose and although I use every kind of insulation including spray foam, cellulose is the best value whenever it can be used.

Ken Field is the owner of Field's Service, Inc. and Slate Belt Energy Services. He has over 40 years of experience in heating, air conditioning and is certificated by RESNET and BPI in various areas of energy conservation. He can be reached at 610-599-8832 or at www.SlateBeltEnergy.com

Good Natured Pennsylvanians



John Mauser and his wife

By Cindy Dunn

DCNR - John Mauser, a well-known Lehigh Valley conservationist, is often referred to as a "super volunteer." He is incredibly passionate about water and trails conservation in the region and across Pennsylvania.

Throughout the past three decades, John has worked as an active partner with Lehigh Valley Greenways Conservation Land-

scape, founding member and president of the Martins-Jacoby Watershed Association, member of the Lehigh Valley Watershed Coalition and other conservation organizations, in order to maintain and preserve Pennsylvania lands and waters.

John has been instrumental in constructing miles of trails, completing numerous stream bank projects, and organizing of environmental advisory committees in the Lehigh Valley. Some of his most notable projects include:

Helping to write and implement the Martins-Jacoby Watershed Area Conservation Plan, one of the first in the state to use a combination DCNR and DEP funding to create one conservation plan.

Managing the Bangor Area School District property, a 112-acre site used for a combination of conservation, recreation, and agriculture purposes.

Leading the design and build of the LEED-certified Lower Mount Bethel Township Welcome Center, featuring a green roof, rain gardens, filtration field, and permeable asphalt for a 3-mile ADA trail.

He's also a big fan of outdoor recreation, his favorites being fishing and paddling. Because of John's work establishing a trail system in Lower Mount Bethel Township for the Delaware and Lehigh National Corridor, on June 26 of this year, the trail system was officially named in his honor.

Get outdoors and visit the John M. Mauser Nature Education Trail System in Northampton County today!

Know of a good natured Pennsylvanian who is passionate about outdoor recreation and/or conservation that we should feature? Contact us at ra-resource@pa.gov to nominate someone

Donated Books to Blue Mt. Community Library

By Valerie Viglione

PEN ARGYL- The Blue Mt. Community Library's Summer Reading Program for Children, Young Adults and Adults is continuing through August 11. Stop in the library at 216 S. Robinson Ave. to pick up a reading log.

Two new books for the young reader were donated by Mike and Linda Cascario. On their trip south this summer, they visited Assateague, the narrow barrier island between Maryland and Virginia. On this island roam the Wild Horses of Assateague, which have been there for centuries. The non-fiction book, "The Wild Horses of Assateague" by Bonnie U. Gruenberg and the fictional story of one of the horses, "Misty of Chincoteague" by Marguerite Henry, recipient of the 1975 Newberry Honor, are available to check out.

The library Board would like to express its thanks and appreciation to the Cascarios. For information about the reading program, call Lisa at 610-863-3029 or visit www.bmcl.org. Find us on Facebook at www.facebook.com/bmclpenargyl.



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