



## Ken Field

Owner of Slate Belt Energy Services

*Exclusively in the Blue Valley Times*

### Living on the Edge

Benjamin Franklin is credited with saying "If you fail to plan, you are planning to fail!" That sounds harsh but in reality it is brutally honest. You certainly can't plan for unforeseen events but many people don't plan for even imminent catastrophic events. If everyone planned ahead we wouldn't need laws to prevent price gouging to prevent panic buyers from paying too much for salt and snow shovels during a storm. Planning for winter events starts in the fall, not when the weather channel blitzes you with a life threatening snowstorm or cold snap a day before it hits. And returning that shovel or bag of salt to the store when the weather channel misses the mark is not cool either. Planners lives are a little more organized and probably a little busier at times because they are looking into the future and keeping tabs on things that need to be done. Those people rarely need an emergency fuel delivery or even an emergency service visit because they had maintenance performed on their equipment during the off season and probably have someone keeping their fuel tank full. What is the additional cost for this? In the long run it probably saves money because the efficiency gained by having a heating system tuneup can save the cost of that service in fuel savings over the next year. Budgeting for things like the cost of heating a home is pretty important but it's not a law. Causing your own emergency and then complaining about the cost of emergency service is basically just refusing to take responsibility for your own actions (or inactions). Nobody looks for places to spend money and right now, it's tighter than ever but ignoring important things like car payments or utility payments will cause a world of problems that may take a long time to overcome. Not to mention the fact that worrying and stress are hard on your health.

No matter what the item is, don't kick the can down the road. Don't walk that fine line between survival and disaster. Make a list, on paper, of upcoming important tasks that need to be done and focus on the most important one first. Then keep working down the list. You will need to add things to the bottom as time goes on, but eventually you will have some semblance of organization and a good understanding of how to take a step back from the edge of the cliff and feel like you are in control. Everyone around you will appreciate it too.

**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**

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## St. Luke's Administers 50,000 COVID Vaccinations

By Sam Kennedy

BETHLEHEM - As the leading COVID vaccinator in central-eastern Pennsylvania, St. Luke's University Health Network is proud to announce that it has administered its 50,000th vaccination.

Currently the Network is vaccinating 3,000 people a day at 11 hospital-based sites across the greater Lehigh Valley. This approach makes getting the vaccine safe for anyone who experiences an adverse reaction since each hospital is equipped with a fully-functional emergency department.

St. Luke's vaccination program, which runs seven days a week, has helped to make Lehigh and Northampton counties among the top five Pennsylvania counties with the highest vaccination rates. (Northampton County – 11.6% of the 18+ population; Lehigh County – 11.3%.)

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