



## The Dragons Are Coming for You: Are You In?

By Michael Ortoski

BATH – A new kind of festival is coming, and it includes dragons. The inaugural Lauren's Hope Dragon Boat Festival is a boat-racing event that will offer food, vendors, drinks and games on September 15, 2019 at Evergreen Lake. Lauren's Hope is a tax-exempt, non-profit charity that benefits children with brain injuries throughout the Lehigh Valley and the surrounding areas. The proceeds from this event are going toward their campaign to build an adapted playground for children of all abilities.

Ann Flood, the festival's event chair, is expecting a large turnout of competitors and spectators. The festival will be free for spectators.

Dragon Boating is a 2,500-year-old sport, originating in Southern China and is one of the fastest growing international team water sports in the world.

Ready to make a team? Teams are currently registering online at [www.laurenshopefoundation.com](http://www.laurenshopefoundation.com). Each team consists of 20 paddlers, one drummer and a professional steerer. Each team is allowed five alternates. **NO EXPERIENCE NEEDED.**

Everyone has the opportunity to participate in this adventurous day. Children can even join in on the dragon fun.

"There will be a children's tent called Dragon Land with lots of fun for the whole family, something for everyone", Flood said.

The event will begin at 9 a.m. and will run until 3 p.m. Opening ceremony will begin with the Dotting of the Eye of the dragon - this signifies the awakening of the dragon. All teams will compete in a minimum of two races, advancing until the final heat is determined. Each boat has a drummer who provides the cadence for the paddlers to work in sync during the race.

"It's the best team building opportunity around. It's not about being the fastest or the strongest.

The success of the boat depends upon how well the team works together. That's why anyone can participate from 15-80 years old," Flood said. "The best part is that it's about people working together to help brain injured children".

Dynamic Dragon Boat Racing from Knoxville, TN, is a nationally recognized expert in dragon boat event management. They will be providing the boats, professional steerers and executing the official timing of the race. "If you haven't seen a dragon boat festival yet, you'll have to come out and see it for yourself," Flood said.

If you would like to put a team in the race or looking for more information, go to [www.laurenshopefoundation.com](http://www.laurenshopefoundation.com) by September 1st, 2019.

The festival will be free for spectators.

## AARP® FRAUD WATCH NETWORK

### PEER-TO-PEER PAYMENT APPS

With new technologies come new ways scammers are trying to steal our money. Peer-to-Peer (P2P) money sending apps – Zelle, Venmo, PayPal and the like – are popular ways for friends to send money back and forth. Unfortunately, scammers are using the same technology to receive payment from individuals they deceive into believing they owe money. These platforms have fewer consumer protections than other forms of payment. Use caution when sending money to people you do not know and watch out if a stranger insists on paying you via P2P apps.

**Be a fraud fighter! If you can spot a scam, you can stop a scam.**

Visit the AARP Fraud Watch Network at [www.aarp.org/fraudwatchnetwork](http://www.aarp.org/fraudwatchnetwork) or call the AARP Fraud Watch Network Helpline at 1-877-908-3360 to report a scam or get help if you've fallen victim.



## Natural Stone River Rock Tiles

7 boxes  
10 - 12X12  
tiles in each  
box 120 sqft  
per box

Call  
570-856-7617  
If no answer leave #  
I'll call you back

LEHIGH VALLEY ZOO Smart Fun!

**SUMMER**  
Smart Fun!

CAMPES, SPECIAL EVENTS, GIRAFFE FEEDINGS, AND ALL THINGS WILD!

\*Open 10:00 AM - 4:00 PM

#KNOWPLASTICS @LVZOO LVZOO.ORG



## Ken Field

Owner of Slate Belt Energy Services

*Exclusively in the Blue Valley Times*

### Attic Heat

We had 2 jobs on our schedule the week temperatures were in the 90s that would have had us in attics for much of the week. I know a lot of people who think putting equipment in an attic is a bad idea but as long as the space is safe and accessible, it really isn't the worst place to put an air conditioning system. Special considerations should be given to anything that will be left exposed to the temperatures up there because without the proper insulation on ducts, a lot of energy can be wasted. Also for the systems that sit idle all winter, it isn't too unusual for condensation to form inside the ducts and cause an odor when the system is used again in the spring. None of these problems are worth giving up space in a bedroom to install equipment in a conditioned space in my opinion. We add insulation over most of the ducts when we add insulation to attics. With enough insulation over them, they lose less energy to the attic on hot days. Most attic related problems can be negated with proper design and installation.

Whenever the equipment is outside the conditioned space there will be energy loss from the ducts. That is one great feature of a load calculation program. When I measure a home to determine the size of a furnace or air conditioner I need to specify where the ducts are located. I also have to specify how much insulation will be on those ducts. That way the program can add additional load to make sure the system conditions the space adequately. One thing that always infuriates me is when I see a system in an attic with sloppy construction and lots of duct leakage. Duct leaks in unconditioned spaces cause massive energy loss for a number of reasons. Outside air is leaked into the system and conditioned and then conditioned air is leaked back into the attic. Because the air leaks are much closer to the fan than any of the rooms are, the leaks lose more energy than an average room uses. Dirty attic air is brought into the system usually after the air filter so it adds to dust in the house. Homeowners don't notice it because most people don't spend much time in their attic and they don't know where to look for those leaks. We fix them when we find them.

Needless to say I rescheduled both attic jobs that week. Attic temperatures of 130°+ are not uncommon at times like that and it is impossible to ignore that kind of heat.

*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*

The 74<sup>th</sup> Annual  
**BLUE VALLEY FARM SHOW**  
on Route 512 between Bangor and Pen Argyl

**SHOW DATES**  
**AUGUST**  
**13, 14, 15, 16, 17**

2019

Our trained caregivers are responsible for providing clients with the best in home care to make your day to day life as simple as possible. Call us today and find out what we can do to help you.

## Because There's No Place Like Home



**LICENSED & BONDED INSURED**

**Our Services Include:**

Meal Preparation • Transportation • Lt. Housekeeping  
Personal Grooming & Dressing • Overnight Supervision • Companionship

**EOE**

## KEEPING SENIORS INDEPENDENT

101 Timberlane Drive ~ Bangor, PA

**610-881-4500 or 610-588-6000**

## COMPUTER NETWORKING & REPAIR

Home - Business  
Government - Education  
Non-profit - Senior Citizen  
**SALES \* SERVICE \* SUPPORT**

- \* Evaluation, Troubleshooting & Repair
- \* Hardware / Software Upgrades & Installation
- \* Data Backup & Recovery Services
  - Documents, Pictures, Music, E-Mail, etc.
- \* Anti-Virus & Anti-Spyware Solutions
- \* Network Design, Project Mgt. & Installation
- \* In-Shop & On-Site Service & Support

**Specializing In Small Business Networks - IT Service & Support**

[www.compnr.com/service@compnr.com](http://www.compnr.com/service@compnr.com)

**368 Blue Valley Drive Bangor 610-588-8700**

"OVER 20 YEARS OF EXPERIENCE"



**James Albanese**  
Information Technology Specialist



Authorized Re-Seller

## Spotted Lanternfly Permit Training

By PA Dept. of Ag  
HARRISBURG - SLF Permit required in the following counties: Berks, Bucks, Chester, Carbon, Dauphin, Delaware, Monroe, Lancaster, Lebanon, Lehigh, Northampton, Montgomery, Philadelphia and Schuylkill



The Spotted Lanternfly (SLF), an invasive planthopper, was discovered in Berks County, Pennsylvania in 2014. It is native to China, India, Vietnam, and was also introduced to Korea where it has become a major pest. This insect has the potential to greatly impact the stone fruit, grape, hops and logging industries. Damage to blueberries, basil, cucumbers and horseradish has also been observed.

On May 26, 2018, a new Spotted Lanternfly Order of Quarantine and Treatment was published in the PA Bulletin. The Pennsylvania Department of Agriculture (PDA) established the quarantine order to stop this pest from moving out of the currently affected area. PDA is also working to minimize the movement of SLF within the quarantine area, by deterring the movement of SLF on materials, equipment, vehicles, etc. from high population areas into areas with low to no populations.

All residents and businesses must comply with the regulations. A SLF permit is required for businesses working within the quarantine which move products, vehicles or other conveyances within or out of the quarantine.

Owners, supervisors, or managers designated by the business should complete the training. This person will be responsible to train employees on what to look for and how to safeguard against moving spotted lanternfly. The department encourages everyone, even those who do not need a permit, to take advantage of training.

Training classes are being offered free of charge. The classes will consist of a pre-recorded training session followed by a 20-question exam. A score of 70% (14/20) is required to pass and to receive a permit.

Registration is required. To register, contact the PA Dept. of Ag., at 717- 787-5674 or [SLFPermit@pa.gov](mailto:SLFPermit@pa.gov).

## Help Track PA's Bald Eagle Population

By Rep. Joe Emrick  
BANGOR - The Pennsylvania Game Commission is asking for the public's help to track the state's growing bald eagle population. After reaching a low of just three nesting bald eagle pairs in the Commonwealth



in the early 1980s, officials now estimate there are more than 300 nesting pairs here. While bald eagles are no longer listed as a threatened species in Pennsylvania, they are still protected by the U.S. Bald and Golden Eagle Protection Act, which prohibits taking of the birds, nests or eggs.

If you spot a bald eagle nest, please use proper etiquette to avoid disturbing the birds. To review bald eagle nest guidelines, or to report your nest sighting to the game commission go to <http://links.pahousenews.com>.