

Greater Valley YMCA Branches to Host Free Open House from 10/9-10/17

By YMCA

SLATE BELT - October 7, 2022-Lehigh Valley, PA-The six Branches of the Greater Valley YMCA are inviting community members to "Try the Y" for free from October 9-17, 2022.

The Y has been in the Lehigh Valley for almost 125 years with focused service in three areas: Youth Development, Healthy Living and Social Responsibility. The Y has facilities located in Allentown, Bethlehem, Catasauqua, Easton, Nazareth, and Pen Argyl.

Greater Valley YMCA President & C.E.O., David Fagerstrom, said, "We want our entire Lehigh Valley community to feel welcome and that they have a home here at the Y. 'Try the Y' is for anyone who has not been to a Y or visited us lately. We want you to stop by and see what makes the Y unique and welcoming to everyone. Some people may think of the Y as just a gym and swim, but the truth is we are so much more. We are a nonprofit organization that provides essential healthy living programs, affordable child care and social programs to address food and housing insecurity."

Everyone ages 18 or older with a photo ID (individuals under age 18 must be accompanied by a parent/guardian) will be able to:
Attend fitness classes – everything from HIIT, indoor cycling, dance fitness, low impact, Pilates, yoga, and more. Try out the weight rooms and cardio equipment for teens and adults. Play basketball, pickleball, and racquetball with friends. Swim or try a water exercise class (at most locations). Be a part of Active Older Adult activities such as aqua classes, art, dance, games, yoga, and more

Make meaningful connections with new friends

Speak with staff and instructors and trainers to help you in your health journey

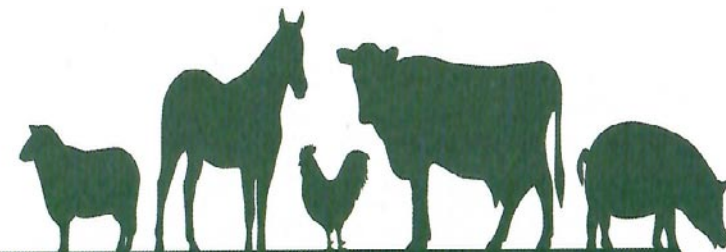
Learn about youth and adult programs available to Y members such as: art, baseball, basketball, dance, fencing, gymnastics, kickball, martial arts, soccer, theater, volleyball, water polo, and more

Full class schedules for each Branch can be found at gv-ymca.org

Join the Greater Valley YMCA during the "Try the Y" and save by paying no joiners fee (a savings of up to \$75). Plus, the first 100 individuals to visit each Branch will receive free Y swag.

The local Greater Valley YMCA Branches where you can "Try the Y" are located at:

- Allentown: 425 S. 15th St., Allentown, PA 18102
- Bethlehem: 430 E. Broad St., Bethlehem, PA 18018
- Easton: 1225 W. Lafayette St., Easton, PA 18042
- Nazareth: 33 S. Main St., Nazareth, PA 18064
- Slate Belt: 315 W. Pennsylvania Ave., Pen Argyl, PA 18072
- Suburban North: 880 Walnut St., Catasauqua, PA 18032



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Ken Field

Owner of Slate Belt Energy Services

Exclusively in the Blue Valley Times

Invest in Your Furnace

The best time to plant a tree was 30 years ago. The second best time to plant a tree is today. This also applies to replacing your furnace. One of my customers has been listening to me suggest replacement for his boiler for probably 15 years.

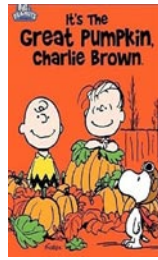
His is a particularly large and complex system and the existing boiler was still too big for the place and also required to make hot water for the faucets. When oil was 49 cents a gallon this was a common setup and nobody cared how many fossilized dinosaurs were sacrificed every year. But over the years the cost of fuel has risen drastically. I have quoted basically the same system to this homeowner 4 times and every time there were questions. Like what if it is too small for my needs, can you guarantee how many gallons of oil I will save? I don't hold a degree in BS so I gave the only assurances I felt comfortable with.

I would take full responsibility for the operation of the new system and he would be pleased with the savings. Finally last year he decided to make the change and we removed the ancient boiler. I was a little concerned that it may upset the rotation of the earth as a weight shift like that can cause all kinds of imbalances. The new system takes up about half the space and is much quieter. The basement isn't a sauna all summer either. A side effect of an inefficient boiler that runs all summer is that the jacket loss (wasted heat from having a ton of hot water and hot metal sitting in the basement) goes right up into the house causing the air conditioner to have to remove it.

Since I have tracked his fuel usage for 30 years I have a pretty good handle on what his consumption would have been. He saved close to 600 gallons over the last winter and he saved another 100 gallons at least over the summer. Oil prices have fluctuated but really haven't gone much below \$3/gallon so that puts his savings at about \$2100 for one year. I'm not going to rub it in when I talk to him but it seems like he could have saved a hundred grand if he took my advice when I gave it in 2008. At any rate with the trend in oil prices he will pay for his new system with fuel savings in less than 5 years.

There are a lot of horribly inefficient systems still in operation today and there are ways to fix that if people would just explore the possibilities.

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



Bangor Halloween Parade, Bangor Memorial Park Bangor PA October 20, 2022 7 PM

Theme: **It's the Great Pumpkin Charlie Brown**

Remit the following form to bangorelks@gmail.com by October 13th.

Contact Name: _____

Individual or Group Name: _____

Contact Phone Number: _____

Email Address: _____

Theme: _____

Circle one:

Group Vehicle Individual Band Float Fire/Ems

We will reply to your email with your entry number and where you will be lining up. (a few days before the parade)

Lineup will begin at 6:00 pm at your designated area at the park.

22 OCT **12 PM**

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