



8th Ward Neighborhood Group

The Patroller

Meeting the 2nd Tuesday of Every Month

Seibert Church; 10th & Allen Sts.

Next Meeting: Tuesday, September 8th-7PM

September 2009

Contact Us

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- Charlie Seifert
Board Member
- Carlos Bernardi
Board Member
- Vivian Bernardi
Board Member
- Paul Fiske
Board Member

Do you like receiving our newsletter and find that your schedule doesn't allow you to attend our monthly meetings? There is a way you could help the group and your neighborhood. Sign up to help with the delivery of this newsletter. During the summer we have lost some deliverers due to moving and vacation and we could really use your help. Call Bonnie for more information 610-432-8280. Newsletter delivery takes no more than a half hour a month of your time and our neighbors really enjoy this publication.

Neighborhood 7 Crime Watch Annual Yard Sale will be held on Saturday, Sept 12th (raindate the 13th). Mark your calendar now. Call 610-437-7160 To be held at B'Nai B'rith Parking Lot located at 16th & Liberty Sts. They always good hotdogs, too!

Raising Happy Kids by, Edward Hallowell MD

Think of the smile that appears on your child's face when he's enjoying an ice cream cone. Those are the moments and feelings we all want to preserve. But once the last drip is licked, what happens to that happy feeling? Does it just go away? Or is it something deeper inside? Can happiness be learned? Or must we be "born" happy? What is happiness anyway?

The study of happiness is a growing field and it's loaded with questions, especially for parents of young children. We all want our kids to grow up to be happy adults — that much is clear. What's often not clear, however, is how to give our children the gift of lasting happiness. We take stabs at it by showering them with nice things, praising them to the hills, and lending a hand when they struggle. Those external motivators are okay from time to time, but the results last about as long as . . . an ice cream cone. To raise a child who knows how to sustain joy throughout his life takes a different approach — one that depends on the development of certain inner qualities, including optimism, trust, respect, joy, self-esteem, and a sense of playful enthusiasm. In short, happiness relies on self-sufficiency and self-love.

What Happiness Looks Like

Let's take a step back for a moment and define happiness. I have two favorites. The first is simply that a happy person has a general feeling that life is going well. He is upbeat and optimistic, and feels as if he is connected to those around him. That's not to say that he doesn't experience sadness at times — we all face loss, grief, and unexpected setbacks. But, in general, life feels good. The second definition is simple yet profound: Happiness is the capacity to enjoy what you have, rather than always wanting what you don't have.

So are we born happy? Or must we "pursue" it, as our nation's founding fathers so eloquently stated? It turns out to be a little of both. All children begin life with a tremendous potential to be happy throughout their lives. Even kids with a genetic predisposition toward traits like anxiety or depression have the ability to lead very happy lives, though it may take more effort for them to reach their full potential for happiness. *Continued on page 2*

DATE OF APPLICATION

CHEC/MATE NO. _____

NAME _____

ADDRESS _____

CITIZEN
HELPING
ELIMINATE
CRIME

CHEC/MATE

PLEASE SIGN AND MAIL TO: Crime Prevention Unit
Allentown Police Dept
425 Hamilton Street
Allentown, PA 18101

DATE OF BIRTH _____

Call your office and update these conditions!

**Call the Police
Anonymously
Become a
Chec-Mate Member
Get your Card at our
Next Meeting**

Raising Happy Kids—Continued

Happiness, unlike eye color, is not a trait that is guaranteed to last. What happens during childhood impacts long-term happiness, but that doesn't mean you have no chance of becoming a happy person if your childhood was miserable. There are many happy adults whose younger years were less than ideal. But as a parent, it means that you can—and should — play a role in helping your child create the habits that lead to joyful living.

Five Steps to Lifelong Joy

Fortunately, it's easier than you might think to begin instilling the inner qualities that lead to a lifetime of happiness. With patience and an open mind, the following five steps can help you lay the groundwork for your child:

1. **Connect with others.** More than any other single factor we can control, connection is the key to a happy childhood, and adulthood. Connection, in the form of unconditional love from an adult, helps foster self-confidence. Try to create an atmosphere at home in which your child feels cared for, welcomed, and treated fairly. Without that feeling, kids shy away from new things and experiences.
2. **Foster a can-do attitude.** This is one of the most reliable defenses against depression and despair at any age. Children watch and learn from how you deal with disappointment, be it in your career or at an athletic event or even just in being cut off in traffic. You can encourage competition, making sure that your child experiences both victory and defeat, and help her deal with each. You can use humor to deal with the pain, or bits of philosophy, or simply let your children see that you never give up.
3. **Pretend and play.** Unstructured play hones children's imagination, teaches critical problem-solving skills, and trains them to tolerate frustration. It also helps children learn that doing things again and again leads to improvement. In fact, play is the most important "work" your child can do. Practice, as part of structured activity, trains children how to receive help and get the most from other adults, such as good teachers and coaches.
4. **Create opportunities for mastery.** With mastery comes confidence, leadership skills, initiative, and an enduring desire for hard work. It transforms a child (or an adult) from a reluctant, fearful learner into a motivated player. One of the great goals of parents, teachers, and coaches should be to find areas in which a child might experience mastery, then, make it possible for the child to feel this potent sensation.
5. **Provide recognition.** The feeling of being valued by others (friends, family, community) is key. You can exert a tremendous positive influence through the recognition you offer. We adults too quickly forget how much it meant to us when we were young — it meant the world to us, and to children today it still does. Recognition in turn reinforces the sense of connection that all children need.

Keep It Simple

It's important to say something further about mastery and the hot topic of self-esteem. Some parents think the way to boost a child's self-esteem is to lavish him with praise. Not so. Self-esteem is rooted in mastery. So, if you want your child to have high self-regard, do not go out of your way to offer praise. Go out of your way to make sure he has plenty of opportunities to experience mastery. And always remember to make sure your child feels connected to others and valued for who he actually is, rather than for just his accomplishments. Children who focus only on mastery, rather than mastery and connection, become "accomplishment junkies," always striving for the next thing and never happy with what they have.

One more word: It may be tempting to skip playtime because it seems trivial. Don't. Play is the time children engage fully with what they are doing. So, if your preschooler is interested in taking apart an action figure over and over, let him. If your school-age child likes bicycle racing, let him work with his friends to figure out how to make his bike go faster and pursue his passion. The skills he will build as he "plays" with adjusting his spokes are far greater than just learning about bikes.

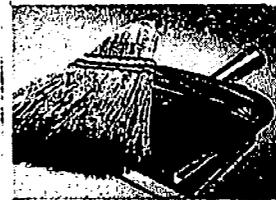
A good rule of thumb is to keep it simple and enjoy your children. You can't buy happiness — it is learned and earned. But once they have developed a solid can-do attitude, children are set with skills to which they can return throughout their lives.

Numbers To Know

September 2009

Police-Fire-Ambulance	911
Police -Non-emergency	610-437-7751
Chief Maclean	610-437-7777
Police—Vice Unit	610-437-7726
State Rep. Jenn Mann	610-821-5577
8th Ward BW—Bonnie	484-695-1967
City Planning	610-437-7613
Recycling/ Graffiti Removal	610-437-8729
Code Enforcement	610-437-7695
Zoning Office	610-437-7630
Health Bureau	610-437-7760
Mayor Pawlowski	610-437-7546

WILL YOU TAKE THE PICK UP THE LITTER PLEDGE



I promise to do my part to make and keep Allentown litter free. I promise to keep my house, my yard and my town clean and free of trash. I will throw my trash away and

pick up trash when I see it. I will tell my family and friends about keeping our neighborhood clean!

Ask your neighbors to take the Pledge, grab a broom and let's clean up Allentown!

CHEC-Mate & You Perfect Together

Report all suspicious activity anonymously by becoming a CHEC-mate (Citizens Helping Eliminate Crime) Member. Come to our monthly meeting and ask for a card and/or get a few for your Allentown friends or neighbors. Please don't sit silent and expect others to call the police. Everyone has to take responsibility to report suspicious activity when they see it. We can only begin to clean up Allentown when good people come together and say we will no longer put up with illegal activity.