

# Raub Area Community Watch

Meets monthly on the 1<sup>st</sup> Thursday 7PM at the Lehigh County Sr. Center ...next 2/3 & 3/5 Feb/Mar'11

## February Dates

- 2/2 Groundhog Day
- 2/12 Lincoln's Birthday
- 2/13 Steak Sandwich  
Dinner--begins 12Noon  
St. James UCC  
S. 15<sup>th</sup> & Walnut Sts.
- 2/14 Valentine's Birthday
- 2/21 President's Birthday
- 2/22 Washington's Bday

## March Dates

- 3/9 Ash Wednesday
- 3/13 Daylight Saving Time
- 3/17 St. Patrick's Day
- 3/20 Spring Begins
- 3/20 Fish Fry Dinner  
Begins 12 Noon  
St. James UCC  
S. 15<sup>th</sup> & Walnut Sts.

**Are you a Chec-Mate card holder?** All residents are urged to sign up for the Chec-Mate program. Applications are available at every meeting upon request or call Gerry at 433-9363. Each application must be mailed to the Allentown Police Department (APD) and assigned an ID number before it is returned to the resident. The number is used to maintain a resident's confidentiality when calling the APD with a complaint. The caller does not have to give his or her name or address.

## RACW 2011 Officers:

President-Gerry Traupman  
Vice President-vacant  
Secretary-Eileen Bernhard  
Treasurer-Lynnie Unger

## RACW – Month in Review

December Potluck presented us with many familiar faces including Keith Falco, former Principal of William Allen High School. We wish Mr. Falco the best in his current endeavors. Thank you to every One who came and celebrated the holiday season with us in December. As in prior years we do not meet in January. Warm wishes to all and we hope to see you at the February meeting.

## Join Us For Future Events

**FEBRUARY SPEAKERS** – APD Captain Morris and District Magistrate Ron Manescu will speak and be available to hear your concerns at the 2/3/11 RACW Meeting, beginning at 7PM. Capt. Morris is the new Capt. for Police Service Area (PSA) II; which is our neighborhood. This is your chance to express any crime or quality of life issues relating to law infringement happening near you.

**LEONARD BUCK AWARD BANQUET**–Thursday April 14, 2011. Mark your calendars...The Leonard Buck Officer of the Year and Ben Gress Distinguished Citizen Award will be presented.

**THE GREAT ALLENTOWN/PA CLEAN UP** – will take place on Saturdays in April. No formal event is planned for our neighborhood at this time. RACW asks you to sweep and pick up litter in front and rear of your home. By everyone keeping the area around their home free of litter the neighborhood show others that you are proud of where you live...don't use the streets as your personal trash bin. At home-secure garbage properly when placing it out for collection. In your car-place a small refuse bag in your car; don't throw it on the street or out the window. Cigarette butts are considered litter, please dispose of them properly.

## Playground at Cedar Creek

The story of the City of Allentown's accessible playground at Cedar Creek Parkway is contained in an article in the latest edition of Parks & Recreation magazine. Parks & Recreation is a publication of the National Recreation and Park Association.

In an article entitled, "Playground Equipment Goes Techie," by Andrea Lynn, Department of Parks & Recreation Director Greg A. Weitzel talks about the popularity of the NEOS electronic playground equipment from Playworld Systems. According to Weitzel, the electronic equipment is enticing kids to go outdoors and get their aerobic exercise by playing the game. "We have been extremely pleased with the number of children who are going to the playground. We knew from our summer playground trials that NEOS would be a very popular piece of equipment. We couldn't be happier with the early results." The destination playground opened in October near the park's pool and basketball courts. It is a dynamic area with age-segregated play equipment that promotes active and creative forms of play. The poured-in-place recycled rubber surfacing allows children in wheelchairs to easily access the area and participate along with other children.

A new youth exercise trail will be installed near the playground this spring, and exercise stations for older adults will replace the older stations on the west side of the park. The stations, called LifeTrail, were developed by Playworld in collaboration with gerontology, kinesiology and recreation experts from Penn State University and are meant to turn a daily walk into a complete fitness program for active older adults. The workout provides age-appropriate physical activity to maintain endurance, flexibility, strength and balance.

The city is partnering with Lehigh Valley Health Network, Sacred Heart Hospital, St. Luke's Hospital, the Lehigh County Senior Center and the Allentown YMCA & YWCA to form a free LifeTrail Club. Anyone age 50 and older can join. It is an opportunity to meet new people and participate in a fun, healthy and free fitness program. Members will also be invited to monthly meetings featuring health professionals taking questions on a specific health-related topic.

The LifeTrail was a key element for Weitzel, who recognizes the growing need for recreation opportunities for older adults. "Even though Pennsylvania is already home to the country's second-largest senior population, older adults often get missed in park renovations," Weitzel says. "In addition to building this incredible playground for our young residents, we focused heavily on making the park more accessible for people of all ages and abilities."

Story Courtesy of [www.allentownpa.gov](http://www.allentownpa.gov)

## Door-To-Door Sales:

Shopping at home presents many convenient benefits. Not only does it "bring the store to you"...it allows you to view merchandise without the crowds...it provided individualized attention and personal touch big box stores often lack. However, having that salesperson at your doorstep or in your living room can create a real pressure to buy on the spot, a decision you may regret afterward. You can become confused about exactly what you purchased or unhappy with how much you ended up paying. You need not feel helpless.

What you may not be aware of is a Federal Trade Commission (FTC) rule permitting consumers to change their minds, regarding door-to-door purchases. Called the "Cooling of Rule," it allows every buyer three days to change their mind about any product costing \$25 or more, purchased anywhere away from the seller's place of business. There are some exceptions to this rule. Although this information may help you prevention is the best medicine. Here are some precautions:

- Ask to see the salesperson credentials. Make sure ID is presented and it matches the company they say they are with. In the City of Allentown all persons going door-to-door are required to have a solicitation/canvassing permit, ask to see it. If they are not authorized by the city to be in your neighborhood, turn them away and call police. Posing as a salesperson is a good cover for burglars.
- Don't be forced into buying right away, even if you need the product. It's best to find out if you are really getting a good deal. A legitimate good deal will still be there tomorrow.
- Compare prices, most wares peddled door-to-door are available elsewhere, so you can verify if it's a fair price.
- Do not sign anything before these questions have been asked...What exactly will you be getting? How much will it cost (including tax, interest, other charges/fees)? Do not sign any papers to receive so called free stuff. What exactly will the product or service do? What are the terms/conditions of the warranty? Where do you get the item repaired? Get warranty information in writing. What are the company's policies on returns? Are you able to get a refund or is accepting a replacement mandatory?
- Whom do you contact with problems or questions? Get name, address and telephone number of salesperson and company.
- When signing a contract be certain that all blank spaces are filled in before you sign. Get a copy of contract or other documents, and all sales transactions.
- By law the seller must disclose your cancellation rights.

Contact the FTC, Washington DC for more information

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## Medical Fraud:

For years medical quacks have sold powders, pills, lotions, and other gimmicks through the mail to people seeking cures for baldness, obesity, or sexual dysfunction. Tremendous medical advances have made the successful treatment of such conditions a reality. Despite legitimate medical breakthroughs, snake-oil merchants continue to peddle worthless potions, offering "miracles" like:

- Instant cure for arthritis
- Lose weight overnight
- Look years younger

The gadgets and gimmicks advertised are not tested by competent medical authorities, and some are downright dangerous, so:

- Don't trust your health to a salesperson
- Don't believe claims of secret cure or miracle drug (such advances make big news worldwide)
- Be suspicious of claims of excessive weight loss
- Don't believe exaggerated claims of regained youth or the perfect figure

Protect your health and your pocketbook. Before purchasing any cure-alls, consult your family physician.

## RACW is Looking for Newsletter Contributors:

If you have information that you feel would be helpful to the community please contact Raub Area Community Watch at [raubcw@yahoo.com](mailto:raubcw@yahoo.com). Submit a typed article in MS Word format or give specific location of the article on the www. The article must include an author's name. It can be a brief article you have written or from a magazine or brochure pertaining to community interest or crime prevention.

We could always use help with delivery newsletters (just six times a year). It's great exercise. We could use delivery help on all blocks on S. 16<sup>th</sup> Street, 00-100 block S. St Cloud St, 00-100 S Fulton St, and 1500-1600 Union St. It only takes a few minutes. For example-S. 16<sup>th</sup> St. from 00 through 300 blocks both sides can be done in approx. 30 minutes. Email us or call Gerry at 610-433-9363 if you would like to help.

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### Shrimp Creole

3 Tblspn. olive oil	1 onion sliced	1 pepper sliced, yellow or green	2 (8 oz.) cans of tomato sauce	8 oz. fresh shrimp
1 bay leaf	½ tspn. salt	½ tspn. pepper	cayenne pepper to taste	2 ½ cups cooked brown rice

Heat olive oil in a pan, cook onions and peppers slowly. Add tomato sauce, bay leaf, shrimp and seasonings. Simmer 10 minutes. Serve over rice.