



# Raub Area Community Watch

Future Meetings: Thursday Oct 1<sup>st</sup> and Nov. 5<sup>th</sup>, meetings start at 7PM-Lehigh County Sr. Cntr.  
\*NOTE - there is no meeting in September

Sept/Oct 09

## September Dates

- 9/7 Labor Day
- 9/11 Patriot Day
- 9/13 Grandparent's Day
- 9/19 Rosh Hashanah
- 9/19 Spaghetti Dinner 4PM  
St. James UCC  
15<sup>th</sup> & Walnut Sts.
- 9/28 Yom Kippur  
Month of September St.  
James UCC will be selling  
mums, contact Pam at the  
church

## Raub:

- 9/8 School's Open
- 9/23 Open House 6:30PM

## Union Terrace:

- 9/8 School's Open
- 9/21 Open House 6:30PM

## October Dates

- 10/1 RACW meeting 7PM
- 10/3 West End Oktoberfest  
Noon-10PM  
19<sup>th</sup> St. Theatre Dist.
- 10/10 Penny Party 3PM  
St. James UCC  
15<sup>th</sup> & Walnut Sts.
- 10/12 Columbus Day
- 10/12-14 AAUW Used Book  
sale, Mack Pool Hse.  
accepting donations  
8/26-9/30@Mack  
Pool House  
[www.aauwallentownpa.org](http://www.aauwallentownpa.org)
- 10/17 Chicken & Waffle Dnr.  
4PM at St. James UCC
- 10/31 Halloween

Speakers for October  
will be:

Mr. Hahn-Principal of  
Union Terrace  
Elementary and  
Ms. Susan Elliott  
Principal of  
Raub Middle School

## RACW Officers:

- President - Gerry Traupman
- Vice Pres. - Gail Stoudt
- Treasurer - Lynn Unger
- Secretary - Eileen Bernhard

## RACW - Month in Review

August was a tremendous month for community spirit. We had good representation for the neighborhood walk on Aug. 4<sup>th</sup> for National Night Out. Approx. 20 people and 3 police officers had a chance to greet residents and say hi. The community picnic was bustling with wonderful chili, salads, brownies and lots of hot dogs. Thank you to Eileen and Bob for being our hosts. Then on August 13<sup>th</sup> we had lines of people waiting for our annual make your own sundae. The homemade apple dumplings for sale were a hit. Children and adult ice cream lovers enjoyed talking to several Allentown Firefighters and learning about the fire truck.

If you would like to support RACW and order apple dumplings (5 or more) made by Rebecca at the Farmer's Market contact Pat 437-5709 or Gerry 433-9363. Buy them from RACW and they are \$3.00 each.

Thanks to all the participants of the 2009 community yard sale. It gets bigger every year.

REMINDER...DUE TO THE HOLIDAY THE SEPTEMBER MEETING OF RACW IS CANCELLED

## Future Events

- \*RACW October 1<sup>st</sup> meeting will feature our local school principals from UT Elementary and Raub MS.
- \*Annual Holiday Potluck December 3, 2009 beginning 6:30PM will be held at the Sr. Center

## Working Together to Keep Students Safe

Creating a safe place where children can learn and grow depends on a partnership among students, parents, teachers and other community institutions to prevent school violence...Find out how crime threatens schools in your community...Take actions to protect children...Promote nonviolent ways to manage conflict.

### Students:

- Settle arguments with words, not fists or weapons. Learn how if you don't know how
- Don't carry guns, knives, or other weapons to school
- Report crimes or suspicious activities to the police, school authorities or parents
- Tell a school official immediately if you see another student with a gun, knife or other weapon
- Tell a teacher, parent, or trusted adult if you're worried about a bully or threats or violence by another student
- Learn safe routes for traveling to and from school and stick to them. Know good places to seek help
- Don't use alcohol or other drugs, and stay away from places and people associated with them
- Get involved in your school's anti-violence activities-have poster contests against violence,hold anti-drug rallies, volunteer to counsel peers. If there's no program at your school, help start one

### Parents:

- Sharpen your parenting skills. Emphasize and build on your children's strengths
- Teach your children how to reduce their risks of becoming crime victims
- Know where your kids are, what they are doing, and whom they are with at all times. Set clear rules in advance about acceptable activities
- Ask your children about what goes on during the school day. Listen to what they say and take their concerns and worries seriously
- Help your children learn nonviolent ways to handle frustration, anger and conflict
- Do not allow your child to carry guns, knives or other weapons
- Become involved in your child's school activities-PTA, field trips, and helping out in class or the lunch room
- Work with other parents in your neighborhood to start a McGruff House® or other block program

Courtesy of the National Crime Prevention Council

RACW could always use help delivering and creating the newsletters, which are delivered every two months. Can you type? Just a few minutes to re-type a hand-written article would be very helpful. Do you like to go for walks? Maybe you could incorporate delivering a block or two of flyers while getting some exercise. If interested contact Gerry 433-9363 to find out how 30 minutes every other month would be greatly appreciated.

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**Latchkey Children...things to know...**

"Latchkey children." It's a term that's often used to describe children who must stay at home alone taking care of themselves for some part of the day. Usually, they're the children of working parents. Always, they're the parents' worry.

Experts estimate that from 5 to 12 million children between the ages of 5 and 13 are at home alone for some period of time every day. In many cases, their parents either cannot afford child care, or none is available.

Children in self-care are about three times more likely than those supervised by adults to be involved in accident, engage in delinquent behavior, or be victimized. An while no parents can be with their children all hours of every day, those who must leave their children at home alone on a regular basis often are gravely concerned about how ell the children can cope, both with routine activities and potentially dangerous situations.

Some children enjoy caring for themselves and happily accept the added responsibilities. Others occasionally are lonely, bored and scared. For all of them, however, the self-care experience is an opportunity for parents to discuss all aspects of safety and crime prevention, as well as build their child's confidence and competence. Moreover, studies show that a close relationship with parents decreases or moderates any negative effects of self-care.

Teach your children:

- To memorize their name and address, including city and state
- To use the telephone to make emergency, local and long distance called to reach the operator
- To check in with you or a neighbor immediately after arriving home
- To never go into your home if a door is ajar or a window is broken
- How to work your home's door and window locks and to lock them when they are at home alone
- How to answer the doorbell and phone when they're home alone
- To avoid walking or playing alone
- To memorize their phone number, including area code
- Not to go into someone's home without your permission

If your children are to be in charge of themselves at home, discuss the routines they are to follow-household chores, pets to tend and homework. If you are not going to be coming home at your regular time, let your children know !

**Meatball Stew** - Slow cook on high 3 hours/35 minutes or low 5 hrs. 5 min. (yields 4 servings, 1 serving=337 calories, 7g fat, 9g fiber, 46g carbs)

- |                               |   |                            |                                 |
|-------------------------------|---|----------------------------|---------------------------------|
| 1 egg, lightly beaten         | ¼ lb. lean ground beef                        | ½ cup finely chopped onion | 3 Tbsp. plain bread crumbs      |
| 2 Tbsp. chopped fresh parsley | 1 Tbsp. grated parmesan cheese                | ½ teaspoon salt            | ½ teaspoon black pepper         |
| ½ cup ketchup                 | ¼ cup plus 1 Tbsp. low-sodium beef broth      |                            | 1/12 teaspoons balsamic vinegar |
| 1 bag (16 oz.) baby carrots   | 3 large parsnips, cut into -2inch long pieces | 1med. size onion, chopped  | 1 Tbsp. cornstarch              |

1. Stir together egg, beef, onion, bread crumbs, 1 tablespoon of the parsley, the Parmesan and ¼ teaspoon each of the salt and pepper. Form into 1-inch meatballs (about 20) and set aside.
2. Stir together ¼ cup ketchup, ¼ cup broth and the vinegar. Place carrots, parsnips and onion in slow cooker and put meatballs on top. Drizzle with ketchup mixture. Cook on High for 3-1/2 hours or Low for 5 hours.
3. Stir together remaining tablespoon parsley, ¼ teaspoon each salt and pepper, ¼ cup ketchup, 1 tablespoon broth and cornstarch. Gently stir into slow cooker. Cook until thick, 5 minutes.

**Hot dog and Bean Casserole** – low cost meal, 77 cents per serving (342 cal., 13g fat, 45g carbs, 7g fiber, 902mg sodium, 46mg chol.)

- |                                     |  |                                |
|-------------------------------------|--|--------------------------------|
| 1 package(16 oz.) all-meat hot dogs | 3 cans (15 ½ oz. each) pork & beans, drained       | 1/3 cup bottled barbecue sauce |
| 2 tablespoons light-brown sugar     | 1 package (8.5 oz.) corn bread mix (such as Jiffy) | 1/3 cup milk                   |
|                                     |  | 1 egg                          |

1. Heat oven to 350°. Coat a 13 x 9 x 2-inch baking dish with nonstick cooking spray.
2. Heat a large nonstick skillet over medium-high heat. Add the hot dogs and cook about 3 minutes per side until nicely browned. Remove to a cutting board and cut into ½ inch pieces on the bias.
3. In large bowl, mix together hot dogs, beans, barbecue sauce and brown sugar. Spoon into the prepared baking dish.
4. Prepare corn bread following package directions, using milk and egg. Spread evenly over the top of the casserole.
5. Bake at 350° for 45 minutes, until bubbly. Allow to cool slightly before serving. May be served hot or slightly warm.