



**Next meeting: Saturday,  
April 18, 2009, at 9 am**  
at the Allentown Library  
Community Clean up. Bring Gloves!

**Block Heads Needed for Our Neighborhoods**  
Call us to volunteer!  
Nick Butterfield: 610-770-1751  
[butterfield@allentowncity.org](mailto:butterfield@allentowncity.org)  
Dottie Anderson: 610-435-6684  
Phyllis Alexander: 610-437-3674

**Allentown Police Release Information on  
Suspicious Contractors**

Over the last several weeks, the Allentown Police Department has been advised of several residential burglaries that have taken place where no force was used to enter the residence. A common theme has developed.

A door to door contractor arrives at a residence asking to inspect a chimney, water pipes, driveway or other location in or around the house.

The contractor offers a very reasonable price to provide an estimate and/or work. While the contractor is in the house, either the contractor or an accomplice distracts the homeowner, and opens a window or door that may be normally kept locked.

At a later time, it is believed either the contractor or the accomplice returns and removes items from the home.

The contractors may be operating vans and/or pick up trucks that have New York, New Jersey or Maryland License plates.

The Allentown Police Department recommends that you do not allow anyone that you do not know, or whom you did not call, to enter your home for any type of inspection.

If anyone has any information about this type of activity, please call the Allentown Police Department Crime Tip Line at 610-439-5911, or the Criminal Investigations Division at 610-437-7721.

**Read about the City on Allentown's  
Website -- [www.AllentownPA.Gov](http://www.AllentownPA.Gov) .**

- \* Find job opportunities.
- \* Go to the Community section and read LANA's newsletters and those of other neighborhood groups to get an update of neighborhood events.
- \* Go to the Calendar to find out what meetings are being held that month, also has events to be held listed.

Printed on recycled paper.  
Courtesy of the City of Allentown.

**"Clip and put this on your fridge."**

**IMPORTANT PHONE NUMBERS**

<b>To Report:</b>	<b>Number to call:</b>
Police-Fire-Ambulance	911
Police Non-Emergency	610-437-7751
Call to report graffiti	
Chief McLean	610-437-7777
Police-Vice Unit	610-437-7626
Gang Tip Line	610-439-5934
Crime Tip Line	610-439-5911
Zoning Office	610-437-7630
Code Enforcement/Housing	610-437-7695
Problem Properties	
Mayor Pawlowski	610-437-7546
Loud Music/Noise/People	610-437-7751
working on cars in street	
Graffiti – to request removal	610-437-8729
Tall grass & weeds	610-437-8729
Property not recycling, incorrect	
storage of trash or garbage	
out before 6 pm	610-437-8729
Special Operator (after 7)	610-437-7571
Housing/Rentals	610-437-7697
Roach, insects or mice	
Infestation also no heat or water	
Over grown shrubs	610-437-7589
Shopping Carts pick up	1-800-244-2278
Animal Control	610-437-7535
Animal abuse/neglect	610-797-1205
Garbage	610-437-8729
Allentown Parking Authority	610-437-3366
Sweep Officer	610-437-8729

**23<sup>rd</sup> Annual Leonard Buck Award Dinner**

Leonard S. Buck was instrumental in helping to form the first Crime Watch Program in the City. The crime watch has been in existence for 30 years. The event will be held at the Fearless Fire Company, dinner is served at 7:00 p.m. with a cash bar for the evening. The food is always wonderful and the evening is a time to relax and mingle with other group's members. There is also a drawing for door prizes that the groups provide. The dinner is on Thursday, April 16<sup>th</sup>. The Leonard Buck Officer of the Year and the Distinguished Citizen Award will be distributed that evening. Our own Kevin Taylor will be among city residents to be recognized for his work in our neighborhood which includes delivering newsletters.

## ***The Relaxation Response\****

### **It's a natural gift that anyone can turn on and use**

The **Relaxation Response** is an innate body mechanism that effectively counteracts some of the harmful psychological and physiological effects of our daily stress. Unlike the "fight-or-flight" response, which is repeatedly brought forth as a response to our difficult everyday situations and is elicited without our conscious effort, the **Relaxation Response** can be evoked only if time is set aside and a conscious effort is made.

#### **Four Basic Components**

1. A Quiet Environment -- few distractions.
2. A Mental Device -- object of focus.
3. A Passive Attitude -- "let it happen" attitude.
4. A Comfortable Position -- no undue muscular tension.

#### **Technique**

1. Sit quietly in a comfortable position.
2. Close your eyes.
3. Deeply relax all your muscles. Keep them relaxed.
4. Breathe through your nose. Become aware of your breathing. As you breathe out, say the word, "ONE" silently to yourself. Breathe easily and naturally.
5. Continue for 10 to 20 minutes. You may open your eyes to check the time, but do not use an alarm. When you finish, sit quietly for several minutes, at first with your eyes closed and later with them open. Do not stand for a few minutes.

Do not worry about whether you are successful in achieving a deep level of relaxation. Maintain a passive attitude and permit relaxation to occur at its own pace. When distracting thoughts occur, try to ignore them by not dwelling upon them and returning to repeating, "ONE". Practice once or twice daily, but not within 2 hours after a meal. With practice, the response should come with little effort.

### **ALLENTOWN HOSTING HOMEBUYERS SUPERMARKET**

Potential homebuyers can learn everything they need to know about buying a home by attending Allentown's Home Buyers Supermarket. Representatives from realty companies, lenders, title companies, insurance companies and more will be on hand Saturday, April 25, 2009 at The Palace Center, 623 Hanover Avenue in the city.

The event will be held from 9am to 4pm. Admission is free. It is sponsored by the City of Allentown's Bureau of Building Standards & Safety and the Allentown Redevelopment Authority.

Allentown Mayor Ed Pawlowski made announced the Home Buyers Supermarket at a news conference in City Council Chambers.

He was joined by representatives of the city, the redevelopment authority; Alliance for Building Communities; Housing Association & Development Program; Community Action Committee of the Lehigh Valley; Plunkett & Graver; Money Management Inc.; and the Lehigh Valley Association of Realtors.

Among other things, attendees will be able to view property listings, learn about down payment assistance programs, get insurance quotes and even get a free credit report while they wait.

"Allentown has some very affordable home buying opportunities for people of all income levels," said Pawlowski. "This event puts home buyers in touch with all the different components needed to achieve home ownership."

"Whether you are a first-time homebuyer, or looking for a new neighborhood, this is a golden opportunity to get pertinent information at one location," said Allentown Redevelopment Authority Executive Director Karen Beck-Pooley. "Interested persons can go from booth to booth getting answers to all their home buying questions."

Some 30 vendors have contacted the city about participating in the Home Buyers Supermarket. Interested businesses can register on-line at [www.allentownpa.gov](http://www.allentownpa.gov) or call 610-437-7690. There are a limited number of booths available.

***Next month's meeting: Monday,  
May 18, 2009, at 6:30 pm  
in the Allentown Library  
basement community room.***

### **EARTH DAY is Wednesday, April 22, 2009**

Earth Day is a day dedicated to the environmental health of our planet. Earth day is several days after our clean-up day. It would be nice if everyone could clean up the front of their property. I know it's a lot of work; I'm trying to get my front yard in shape myself.

I have a lot of bulbs to put in the ground and found a new tip this year to keep the squirrels away, put Cayenne pepper on the bulb. Last year I tried moth balls with some success, so this time I'm going the pepper route. *Deb Nichols*

*Look for the new 'ADVENTURE ALLENTOWN' GUIDE for Spring/Summer 2009, pick up at City Hall, the Parks and Recreation office on Parkway Blvd or the City website [www.allentownpa.gov](http://www.allentownpa.gov). Any questions call Mr. Cope at 610-437-7750.*