



Our meeting is on Saturday,
June 19, 2010, at 10:00 am
in the Allentown Public Library
basement conference room.

Block Heads Needed for Our Neighborhoods
Call us to volunteer!

Nick Butterfield	610-770-1751	butterfn@aol.org
Dottie Anderson	610-435-6684	
Phyllis Alexander	610-437-3674	
Marie Reph	610-433-1517	
Katrina Quintana	610-392-7838	

LANA Holds Dinner at the Four-Aces Restaurant

Twenty two persons came out for LANA's May meeting at the Four Aces Restaurant at 13th and Hamilton. We did not talk business; we just had fun sharing with each other and enjoying the food.

Proprietors Fernando and Malik, Chefs Raymond & Leroy prepared a special limited menu for us, making the price very affordable, including selections of bison meat, chicken, a pasta salad and green salad. As a BYO we brought our own wine and it flowed freely.

I want to thank Dottie Anderson for saying "Let's eat out" and Donato and Joan Giaquinto for meeting with the restaurant owner's and making this night possible.

Of course, we will have another dinner there in the future, but don't wait. Try it out now. For less than the cost of an Emil-burger at the Sands, you can have a very good meal, and one that you would not have cooked yourself, in our own neighborhood. When the weather is right, take advantage of their outside patio.

Nick Butterfield

CURBSIDE YARD WASTE COLLECTION

YARD WASTE BEGAN ON APRIL 4

Yard Waste is collected on recycling nights, which for us is Monday night. Hedge trimmings, weeds, branches, etc., can be put in 30-gallon paper lawn and leaf bags or any durable container (no lid) and placed out for collection. Branches may also be bundled and placed at the curb. Grass clippings should be left on the lawn to naturally decompose; however, if you wish to have grass clippings collected, they must be placed in 30 gallon paper lawn and leaf bags. Trash is not allowed to be mixed in bags with yard waste.

CHEC-Mate Program

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 friends or neighbors.

Remembering a Life in Our Neighborhood

Carl Jay, age 89, died May 26, in the home of his sister Naomi Roundtree. He was Louis Roundtree's 'Uncle Junie'.

Born with severe physical disabilities, his parents took special care of him, followed by his brothers and sisters, and for the past 20 years by Louis and others of his family. Although severely limited in movement Uncle Junie was not a shut-in, and came to at least one of our meetings. He loved going to movies and enjoyed a visit to the Wheels of Time Museum.

Uncle Junie was an up-beat person who endured much but his family gave much too him. I know that Louis spent many nights staying with Uncle Junie at hospitals, ensuring his care.

Without his family's constant and continued support, Uncle Junie could not have lead such a full life.

As neighbors we need to look out and care for each other. Louis's family has given far more than the extra mile. I salute Louis and the members of his family for that special care each one gave, that permitted Uncle Junie to live the full life he could. Nick Butterfield

MOVIES IN THE PARKS RETURNS

The City of Allentown's "Movies in the Parks" series seen on a giant inflatable outdoor screen began its third season on Friday, May 21st, all shows begin at dusk. The public is invited to bring a blanket or lawn chairs to enjoy the movie. The future schedule includes...

Friday, June 25th – The Blind Side,

Roosevelt Park @ Dusk

Friday, July 23rd - Where the Wild Things Are,

Arts Park @ Dusk

Saturday, August 21st – Sherlock Holmes,

West Park @ Dusk, Dinner and a Movie

Newsletter delivery – HELP!!!

We need more people to deliver the newsletter. You could help by delivering newsletters in your neighborhood or on a block near where you live. It only takes about ½ to 1 hour monthly. Can you invest that amount of time to our neighborhood? If you can help, please call Nick Butterfield at 610-770-1751 or email him at butterfn@aol.org. I know he would appreciate the help.

Exercise - Rhythm makes it easy to keep active
Whether you're dancing, jogging, laboring (remember "I've Been Working on the Railroad"?) or lifting weights, music makes your body want to move.

"Oldies, hip-hop, rock—anything with an upbeat tempo can put you in the mood for exercise", says Jean Mercade, group fitness coordinator at Lehigh Valley Health Network's Healthy You Fitness Center. "It also boosts your energy and takes your mind off what you're doing." Most people especially enjoy the music of their youth, she says. "The right song can make you feel younger because it brings back a time when you felt vibrant and full of energy."

Rhythm sets the tempo so you can keep working out at a steady pace. Fast music revs you up; while slow music helps you relax. A few examples:

- **Dance**—Just about everyone finds it natural to move with dance rhythms. The choices are endless, from ballroom to Western swing, free-form rock to the choreographed moves of Zumba (an increasingly popular blend of Latin dance moves set to musical styles such as mambo, rumba and salsa).
- **Drumming** — Drums propel the beat of pop tunes and electronic music written for high-energy dancing. You can get into the act yourself by picking up a pair of bongos at a yard sale. Or, drum along on your tabletop to a favorite song, or beat an exercise ball with drumsticks—the idea behind a new form of upper- and lower-body exercise called Drums Alive™.
- **Exercise classes**—Music is a classic way to energize aerobic and other fitness classes. One trick is to put favorite tunes at the end of the workout so you don't want to slow down. Of course, you don't need a class to let music motivate your movement. "Listen to an iPod while on a treadmill, dance at home to favorite tunes on your sound system, or stretch to easy-listening music," Mercade says.
- **Video games**—the right blend of imagery and music can get both young and old gamers off the couch. "Dance Dance Revolution" makes players change foot positions on a pad to score points. Nintendo Wii games require players to move around to control on-screen action, especially in sports games. "Even 'Guitar Hero' gets you moving because you stand up to play the songs," Mercade says.

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

Next meeting: Tuesday, July 20, 2010 at 6:30 pm. Please join us as the Mayor and his staff take a walk thru the neighborhood.
If you want to ask for help with a problem be sure to be on your porch and talk to the Mayor.

ALERT ALERT ALERT ALERT ALERT

From a Hamburg State Police Officer: I want to make you aware of a recent incident that occurred in York Twp. This type of incident directly affects your safety as well as your children's safety.

I was dispatched to an address for an unexploded pop bottle bomb. When I arrived, I noticed a 20 ounce pop bottle, on the ground, in the caller's front yard. After I inspected it closer, I determined that it was in fact a bomb. I was able to clear the device away from the house and once I moved it, it detonated itself within 30 seconds.

The amount of force that is generated at the time of the explosion is enough to sever fingers and also delivers 2nd and 3rd degree chemical burns to the victim. Once the detonation occurs, the chemical substance that is in the bottle is actually boiling liquid. The chemicals can possibly cause blindness and the toxic fumes can be harmful.

1) If you find a soda bottle or any other bottles, examine it carefully, without touching it. If it shows signs of swelling, or melting in any way, DO NOT TOUCH IT! Call 911 and let us respond to take care of it.

2) If you find a soda bottle that has any liquid in it, DO NOT TOUCH IT! Call 911 and let the police respond to check it and/or dispose of it.

This type of incident has happened on the East Side recently. If you encounter any thing like this PLEASE call the Allentown Police Department at 610-437-7751.

BLOCK PARTIES

8th Ward Neighborhood Group's Block Party
Yard Sale / Crafts / Games / Kid's FREE Raffle /
Adult's Raffle / Food / Fun for Everyone!

This group has tentatively scheduled its annual block party for July 17th with a rain date of July 24th at Seibert EC Church – outside at 10th & Allen Sts. If you are interested in selling any crafts or yard sale items and would like to reserve a spot, please call Bonnie at 484-695-1967. No food items may be sold without a health permit. The hours of the block party will be 10 am – 4 pm.

Old Town Neighborhood Street Festival is on Saturday, June 19th from 10 am to 4 pm in the 200 block of N. 11th Street (between Turner & Chew Sts).

Let's enjoy our cook outs and have a safe summer
The Allentown Fire Code does not permit cooking using charcoal or any open flame (propane grills) on a combustible balcony or within ten (10') feet of any combustible construction. A combustible balcony or combustible construction contains combustible framing, even if sheathed with non-combustible materials; this includes our beautiful wooden porches!