

Housing Authority of the
Borough of Highland Park
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August, 2015

THE HIGHLANDER

FROM THE EDITOR'S DESK

Is it hot enough for you???
Before you complain, please stop a minute and try to remember the horribly cold and snowy winter we endured a few months back! If anyone complains about the Summer, they have quite forgotten the suffering we went through!!

The staff is very excited about hosting a huge Summer cookout for all of our residents at Samuel Kronman and Park Terrace. This picnic will be held on Wednesday, August 19th with a rain date of August 20th. There will be great food, music, games, prizes, fun and loads of camaraderie. We urge you all to come out and enjoy this special picnic. Samuel Kronman residents, please sign the sheet posted on the activities bulletin board and Park Terrace residents are kindly requested to return the bottom portion of the invitation flyer to the office indicating the number of adults and children. We plan to have activities and fun for the little ones, so please encourage them to attend. Continue to enjoy the summer!

RUNI SRIWARDENA

HIGHLAND PARK AND A TIME LINE OF INTERESTING HISTORICAL EVENTS

- 1685:** John Inian established ferry service between New Brunswick and Highland Park.
- 1778:** For seven months, thousands of Hessian and British troops occupy much of the land that would become Highland Park.
- 1795:** First toll bridge was constructed, replacing the ferry.
- 1806:** Essex-Middlesex Turnpike built from Metuchen to Highland Park, now Raritan Avenue and Route 27
- 1809:** Newly appointed president of Queen's College, John Henry Livingston purchases 150-acre tract that will become known as the Livingston Manor.
- 1835:** Tornado causes significant damage to area houses, barns and fields.
- 1836:** NJ Railroad & Transportation Co. built a rail line that terminated on the Highland Park side of the Raritan River. Now it is Amtrak's Northeast Corridor line.
- 1853-55:** William Flagg builds 3 mansions overlooking the Raritan River in "Raritan Park". He named the new south side street Adelaide Avenue.
- 1867:** Brewery was established in the hollow wets of North Second Avenue. It burns down in 1912. The remaining bottling buildings on Montgomery Street are converted into apartments.
- 1870:** Highland Park annexed into the newly formed Raritan Township from Piscataway Township.
- 1883:** Christopher Meyer buys one of William Flagg's houses on Adelaide Avenue. Along with his descendents, the Rice family, the house becomes known as the Meyer-Rice house. It would become the Jewish Community Center in 1956 and the "Y" in 1961.

-Continued on Page 2

RENT

Rent is due on the 1st.



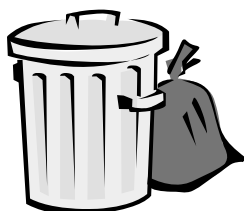
If you are using the rent box, your check must be in the box before 4 PM on **August 7th**.

After 4 PM it is late—No exceptions!

*** **Important*****

- ◆ Do not post-date your checks. When a check is received by the Housing Authority, it must be deposited within 48 hours. We cannot deposit checks that are post-dated and cannot hold them until the following month. If you have a third party paying your rent please make sure your name & apartment number is on the check or money order.

ATTENTION
ALL RESIDENTS!
THE NEXT BULK
PICK-UP IN
HIGHLAND PARK IS
ON THURSDAY,
OCTOBER 1, 2015



HP Time Line Continued from Page 1.....

1886: First schoolhouse opened at Benner Street ad South 2nd Avenue. Chrissie Bertie is the first teacher. The school was designed by architect George K. Parcell.

1889: Kitchenmeister’s floral business began in “Floral Valley” at the end of North 5th Avenue.

1889: First grocery store was constructed on Raritan Avenue.

1890: Johnson & Johnson constructed several small laboratory and storage buildings near North Adelaide Avenue. The last of them burns down in 1915.

1890: Reformed Church congregation was established.

1890: Robert Wood Johnson Sr. buys the large estate on River Road just north of the railroad tracks. It is used as a farm for Johnson & Johnson and upon his death in 1910, as a summer house for his son, Robert Wood Johnson Jr.

1892: Stone Arch Albany Street Bridge constructed.

1895: First gas street lights were installed along Raritan Avenue.

1897: Trolley service to Perth Amboy along Raritan and Woodbridge Avenue began. Another line to Bound Brook along River Road was established.

1897: Highland Park Hotel was constructed at Woodbridge and Raritan Avenues. Operates as a hotel until the 1950’s.

1897 John Waldron Machine Factory is constructed off Cleveland Avenue near River Road and the railroad tracks.

1898: Race track opened on Woodbridge Avenue at Duclos Lane, having both horse races and bicycle races. It operates until 1906.

1898: Reformed Church was constructed on South 2nd Avenue. This is Alexander Merchant’s first design as an independent architect.

1899: Electric street lights were erected along Raritan Avenue.

-Highland Park Historical Society Website

These are fascinating facts. More timeline facts from the 1900’s to be featured soon Stay tuned!



A NOTE FROM OUR TENANT SERVICES COORDINATOR KETTLY AND NURSE JANI

Try some fresh fish this summer. Omega-3s for You and Me



We know that eating seafood high in omega-3 fatty acids is good for our health. Omega-3s can reduce the risk of heart disease by decreasing the risk of abnormal heart beats, decreasing triglyceride levels, slowing down the accumulation of plaque inside blood vessels, and slightly lowering blood pressure.

There are three main omega-3 fatty acids: alpha-linolenic (ALA), eicosapentaenoic (EPA), and docosahexaenoic (DHA).

- EPA and DHA are found in **fish** and **seafood** and provide the most health benefits.
- Some **plants** contain ALA, which our body partially converts into EPA.

DHA is also added to some common foods such as **milk**, **orange juice** and **eggs** (2).

Use these quick, simple and delicious tips to meet the American Heart Association's recommendation to consume 3.4 ounces of fish high in omega-3s two times per week.

- **Keep it simple.** Squeeze fresh lemon juice on a fish fillet and sprinkle it with a dash of salt and pepper. then grill, bake, or sauté it!
 - **On the grill:** Wrap seasoned fish in a foil packet and grill it using indirect heat for about 10 minutes.
 - **In the oven:** Place seasoned fish on a greased baking pan and bake in a 425-degree oven for about 15 minutes.
 - **Quick sauté:** Heat 1-2 teaspoons of olive oil, canola oil, or butter in a nonstick skillet. Add the seasoned fish and cook for 1-4 minutes per side, until each side is golden and the fish flakes easily.
 - **Spice it up.** Use your favorite seasoning mix (like lemon pepper or a seafood seasoning blend) to give fish a flavorful kick.
 - **Make friends with your freezer.** Purchase plain frozen fish fillets instead of fresh ones, and stock your freezer with healthful protein that's ready in minutes. Avoid breaded or fried versions — plain is best.
- Cook carefully.** Fish is cooked through and ready to eat when it flakes easily with a fork and the flesh is opaque.

An FYI to add to last month's article Shop Rite also has online shopping and delivery.

ACTIVITIES CALENDAR

Coffee Klatch – August 10th @ 10:30 AM

Birthday Bash – August 27th @ 2:30 PM

MARK YOUR CALENDAR



- Wed, August 10th—Coffee Klatch at 10:30 AM
- Wed. August 19th Summer Cookout hosted by staff 1 pm (rain date Thurs, Aug 20th)
- Thurs August 27th—Birthday Bash at 2:30 PM

SPECIAL THANKS GO OUT TO

- Chuck Lacaillade for agreeing to be our Summer BBQ Chef.
- Many, many thanks to Lori and the Parker House Program for the wonderful weekly adult day care program they hosted at Samuel Kronman.. Sadly, due to low attendance, we have now lost this program. Lori, we are so very grateful for all that you did. We will miss you. We sincerely hope that with renewed interest and sign up from our residents, we can get the program back.
- Jani & Kettly for the delicious ice cream bash. The ice cream sundaes were incredible.

RESIDENT NEWS

- Our condolences to Elizabeth Taylor of Park Terrace on the sudden death of her brother in Sierra Leone. Elizabeth rushed out for the funeral.
- Florence Peters was so happy to entertain her niece and great nieces from Trinidad and also her nieces from Barbados. What a lovely family reunion!
- Minnie Minerva & Walter Manniapien are back in re-hab. We wish them a quick recovery and return home.
- Congratulations to Hope Tomko on her new adorable little kitten Snow White. Welcome to the family!

We are always looking for new ideas and new activities to bring to you, the residents. Please voice your suggestions and ideas to the office or to the Activities Committee so we can keep things active and interesting for you!

Hope you are looking at and marking down all the great activities offered at the Highland Park Senior Center. The calendar is jam packed with things for you to participate in. If you are not already a member, please don't waste time, inquire about membership. The senior center is right next door, how much more convenient can it get??!!

DOCTOR JOKES



A psychiatrist's secretary walks into his study and says, "There's a gentleman in the waiting room asking to see you. Claims he's invisible. "The psychiatrist responds, "Tell him I can't see him."

A man consults a therapist and states, "Doc, I'm suicidal. What should I do?" The doctor replies, "Pay in advance."

As a senior citizen was driving down the freeway, his cell phone rang. Answering, he heard his wife's urgent voice warning him, "Herman, I just heard on the news that there's a car going the wrong way on Interstate 77. Please be careful!" Hell!" said Herman, "It's not just one car. It's hundreds of 'em!"

FAMOUS SENIOR QUOTES

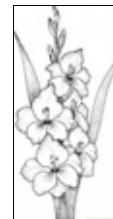
" A diplomat is a man who always remembers a woman's birthday, but never remembers her age." — *Robert Frost*

"Adults are obsolete children. " — *Mark Twain*

"Wrinkles should merely indicate where smiles have been." — *Dr. Seuss*

" Old age is like a plane flying through a storm. Once you're aboard, there's nothing you can do." — *Golda Meir*

AUGUST



Birthstone: Peridot or Sardonyx
Flower: Gladiolus
Cataract Awareness Month

- AUG.2**.....National Mustard Day
- AUG.8**.....Happiness Happens Day
- AUG.14**.....Victory in Japan Day
- AUG.21**.....Senior Citizens Day
- AUG.26**.....Women's Equality Day
- AUG.28**World Daffodil Day



Full Moon on August 29th

BED IN SUMMER

Robert Louis Stevenson

In winter I get up at night

And dress by yellow candle-light.

In summer quite the other way,

I have to go to bed by day..

I have to go to bed and see

The birds still hopping on the tree,

Or hear the grown-up peoples feet

Still going past me in the street.

And does it not seem hard to you,

When all the sky is clear and blue,

And I should like so much to play,

To have to go to bed by day.

Meet the Residents

THIS MONTH WE FEATURE.....



CLARA O'NEILL
SAMUEL KRONAMN, APT. 6-L

Hi my name is Clara O'Neil. I was born in Granada in the Caribbean. I had one brother who is now deceased. We moved to Trinidad where I went to school.

In 1957 I got married and we had 4 children. In the 70's we moved to Brooklyn, NY. I went to nursing School in New Jersey and worked in multiple places. My husband studied Theology and served as a Minister.

My three sons and daughter received a good education and they now live in New York and Florida.

I moved to Samuel Kronman about 12 years ago and even worked with Nurse Jani right in this building as an LPN!

I spend a lot of time doing Church activities at the Reformed Church of Highland Park. I sing with the Senior Center Choir on Tuesdays. I just love to sing and was also a part of the Church choir. I read a lot and watch TV.

I like living here at Samuel Kronman and have a lot of friends. The residents and employees are very caring.



JOAN JORDAN
SAMUEL KRONMAN, APT. 4-T

Hi, my name is Joan Jordan. I was born in 1945 in Albany, New York. I have one brother who lives in East Greenbush and a sister who lives in Chicago. I went to school in Liverpool and then moved to Edison, NJ.

I lost my father in 1968 to cancer and my mother died in 1977 from a stroke. I spent my adult life in Edison.

My great hobby is music, especially classical. My favorite composer is Beethoven. I sing in the St. Paul's Church Choir and I am also very active in the Parish.

I moved to Samuel Kronman is 2008. I find the place very friendly and made many friends easily.

Highland Park is a great place to live!

GOOD NEWS....GOOD NEWS....GOOD NEWS!!!

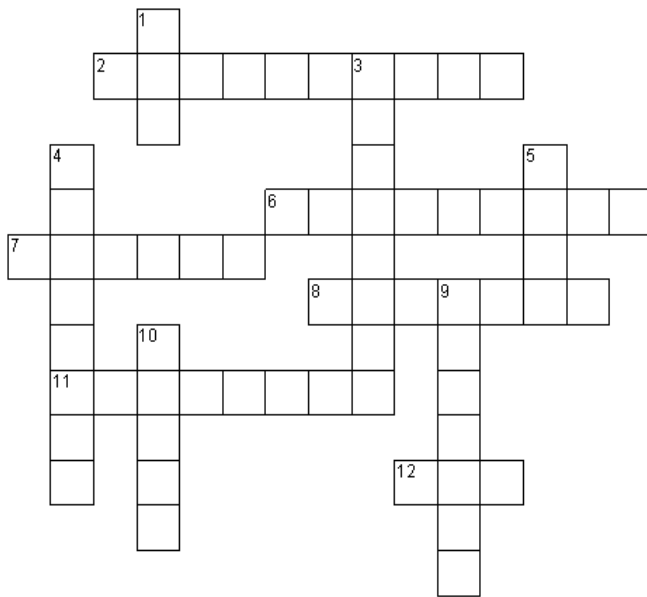
Thanks to resident Chuck Lacaillade in apt. 2-Q, we will have our very own summer BBQ chef to cook for you on appointed days! Starting Sunday, July 19th, Chuck will make himself available from 4:00—6:30 pm. You are welcome to bring your meat or fish already marinated and flavored so that Chuck can cook it for you. If it is bone-in meat such as chicken or ribs, please make sure the meat is pre-boiled. Chuck will set up the grill in the back of the building behind the side parking lot. You are welcome to eat outside or in the community room but please make sure to clean up after yourselves!

Please mark the remaining Sundays that Chuck will be available to cook on your calendar: **August 16th /August 30th /Sept. 13th /Sept 27th**

Enjoy the summer BBQ's. Again, many, many thanks to Chuck !!



EASY SUMMER CROSSWORD!



www.CrosswordWizards.com

PLEASE NOTE: THERE ARE

NO SPACES BETWEEN WORDS

ACROSS

- 2. PROTECT YOUR EYES
- 6. SPECIAL SEAT FOR THE SUN
- 7. TWO-PIECE SWIMSUIT
- 8. ALONG THE SEA
- 11. EATEN A LOT IN SUMMER
- 12. YOUR SKIN GOES BROWN

DOWN

- 1. IT SHINES A LOT IN SUMMER
- 3. PROTECTS YOUR SKIN
- 4. POPULAR SUMMER SPORT
- 5. CHILDREN MAKE CANDLES WITH THIS
- 9. OPEN SHOES
- 10. PLACE FOR SWIMMING AND WATER SPORTS

SAMUEL KRONMAN PHOTO GALLERY

ICE CREAM BASH - YUM!!!



On Tuesday, July 14th Jani and Kettly hosted a wonderful "Ice Cream BASH" for the residents. We indulged ourselves with two flavors of ice cream and all the toppings. Some of us went back for seconds!



THE PARADOX OF OUR TIMES

How Is it that we have taller buildings but shorter tempers
Wider freeways, but narrower viewpoints
We spend more, but we have less.

We have bigger houses, but smaller families
More conveniences, but less time.
We have more degrees, but less sense
More knowledge, but less judgment
More experts, but more problems
More medicine, but less wellness.

We have multiplied our possessions, but reduced our values.
We talk too much, love too seldom, and hate too often
We have learned how to make a living but not a life.
We have added years to life, but not life to years.
We've been all the way to the moon and back
But have trouble crossing the street to meet the new neighbor.
We have conquered outer space, but not inner space.
We've cleaned up the air, but polluted our soul.
We've split the atom, but not our prejudice.
We've higher incomes, but lower morals.
We've become long on quantity but short on quality.

These are the times of tall men, and short character,
Steep profits, and shallow relationships.
These are the times of world peace, but domestic warfare,
More leisure, but less fun; more kinds of food, but less nutrition.

These are the days of two incomes, but more divorces;
Of fancier houses, but broken homes.
It is a time when there is much in the show window, and nothing in the stockroom.

A time when technology can bring this letter to you,
And a time when you can choose,
Either to make a difference.....or just hit, delete.

— *His Holiness the Dalai Lama*

Submitted by: **Chuck Lacaille, Apt. 2-Q**

Choices

IN HONOR OF INTERNATIONAL FRIENDSHIP DAY

Sometimes in life, you find a special friend. Someone who changes your life by being part of it; Someone who makes you laugh until you can't stop; Someone who makes you believe that there really is good in the world; Someone who convinces you that there really is an unlocked door just waiting for you to open it.

This is forever friendship.

When you're down and the world seems dark and empty, your forever friend lifts you up in spirit and makes the dark and empty world suddenly seem bright and full. Your forever friend gets you through the hard times, the sad times and the confused times. If you turn and walk away, your forever friend follows. If you lose your way, your forever friend guides you and cheers you on.

Your forever friend holds your hand and tells you that everything is going to be okay. And if you find such a friend, you feel happy and complete, because you need not worry. You have a forever friend, and forever has no end.

-Author Unknown

**Sincerely,
Donna Brightman**

