

Housing Authority of the
Borough of Highland Park
242 South 6th Avenue
Highland Park, NJ 08901
Phone: (732) 572-4420
Fax: (732) 985-6485

Housing Authority of the Borough of Highland Park



April 2017

THE HIGHLANDER

FROM THE EDITOR'S DESK

April flowers bring May flowers! Time to get those gardening tools out. Our vegetable beds will be ready soon. Who are our Victory Gardeners this year? The mesh did keep the deer and animals out so you were able to gather your harvest of vegetables. Let's see if we can do better this year!

The big event last month was that awful snowstorm which produced every possible kind of winter precipitation—we had snow, ice, sleet and snow again. Yes, it wasn't as huge as was predicted but the snow was very heavy and difficult to manage. Great big thank you to Jeff Marder and his helpers Chuck, Daniel and Robert who had a monumental task ahead of them when both snow blowers broke down. They were faced with having to manually chip away at the ice and clear all those sidewalks and ramps for you. We really appreciate the hard work they did to keep you all safe.

Please read the bulletin boards daily. There are lots of activities and events in the air! Happy Spring!

RUNI SRIWARDENA

A BRIEF HISTORY OF THE IRS!

Tax day is April 17th! For many of us, it is not really our favorite time of the year! However, it is necessary and a crucial part of how our economy works. So let's take a few minutes to read about the origin of all this and how the IRS came to be!

The roots of the IRS go back to the civil war, when President Lincoln and the Congress in 1862, created the position of Commissioner of Internal Revenue and enacted an income tax to pay war expenses. The income tax was repealed 10 years later. Congress revived the income tax in 1894, but the Supreme Court ruled it unconstitutional the following year!

In 1913, Wyoming ratified the 16th Amendment, providing the three-quarter majority of states necessary to amend the constitution. The 16th Amendment gave Congress the authority to enact an income tax. That same year, the first Form 1040 was born.

In 1918, during World War 1, the top rate of the income tax rose to 77% to help finance the war and it dropped sharply in the post-war years. Down to 24% in 1929 and rose again during the Depression. During World War II Congress introduced payroll withholding and quarterly tax payments.

In the 1950's the agency was recognized to replace a patronage system with career, professional employees. The Bureau of Internal Revenue name was changed to the Internal Revenue Service. Only the IRS commissioner and chief counsel are elected by the president and confirmed by the Senate.

The IRS Restructuring and Reform Act of 1998 prompted the most comprehensive reorganization and modernization of IRS in nearly half a century. The IRS reorganized itself to clearly resemble the private sector model of organizing around customers with similar needs.

-Today's IRS Organization

HAPPY TAX DAY EVERYBODY!!!



RENT

Rent is due on the 1st.



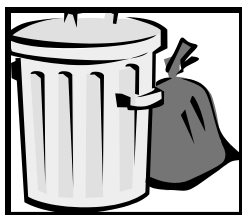
If you are using the rent box, your check must be in the box before 4 PM on **April 7th**.

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 APRIL 19TH.**



APRIL IN HISTORY

April 2, 1513—Spanish explorer Ponce De Leon sighted Florida and claimed it for the Spanish crown after landing at the site of present day St. Augustine, now the oldest city in the continental U.S.

April 3, 1860—In the American West, the pony Express service began.

April 4, 1968—Civil Rights leader, Rev. Dr. Martin Luther King was shot and killed by a sniper in Memphis, Tennessee.

April 6, 1896—After a break of 1500 years, the first Olympics of the modern era was held in Athens, Greece.

April 9, 1865—After over 500,000 American deaths, the Civil War effectively ended as General Robert E. Lee surrendered to General Ulysses S. Grant in the village of Appomattox Court House.

April 15, 1912—In the icy waters off Newfoundland, the luxury liner Titanic with 2,224 persons on board sank at 2:27 a.m. after striking an iceberg.

April 18, 1906—The San Francisco earthquake struck at 5:13 a.m. Over 10,000 acres of property and 4,000 lives lost.

April 19, 1993—At Waco, Texas, the compound of the Branch Davidian religious cult burned to the ground with 82 persons inside, including 17 children.

April 22, 1889—The Oklahoma land rush began at noon with a single gunshot signaling the start of a mad dash by thousands of settlers.

April 26, 1944—Federal troops seized the Chicago offices of Montgomery Ward and removed its chairman after his refusal to obey President Roosevelt's order to recognize a CIO Union. The seizure ended when the union won an election to represent the company's workers.

April 30, 1948—Palestinian Jews declared their independence from British rule and established a new state of Israel. The country soon became a destination for tens of thousands of Nazi Holocaust survivors and a strong U.S. ally.

Submitted by: Bonnie Bonnano, 2-F



**GOOD ADVICE FROM OUR TENANT SERVICES COORDINATOR
AND SOCIAL WORKER, KETTLY GILLES**



Avoid Stress, Relax

Stress can take a huge toll on you both mentally and physically. Being under long-term stress can lead to chronic heart, sleep and even weight problems. Manage your stress with these tips.

Be an Optimist: If you start to feel your stress levels rising, try surrounding yourself with positive thoughts. Listen to your favorite music, talk to a friend who lifts your spirits or watch a funny video. Try your best to react to negativity in a positive way.

Live Healthy: Eat healthy meals, avoid smoking, limit alcohol and keep up with exercise. Stay on track by doing activities you enjoy and limiting food that may be hazardous to your health. Your body manages stress easier when it is fit!

Get a good Night's Sleep: Lack of sleep will leave you feeling exhausted and on-edge. Your body needs time to recover. Ensure you get a good night's rest. 7-9 hours of full night's sleep is recommended.

Relaxing Activities: Take 15-20 minutes to sit quietly and reflect through a relaxing activity. This could be through breathing exercises, meditation or yoga. Notice how you feel afterwards. Just a few minutes each day can help you wind down and alleviate stress.

Activity Calendar

Coffee Klatch – Wednesday, April 19th, 2017 @ 10:30 AM

MARK YOUR CALENDAR

- April 5th—Resident Council Cupcake Fundraiser 12—2:00 pm
- April 12th—Resident Council Italian Hot Dog Fundraiser
- April 19th—Coffee Klatch 10:30 am—Kettly
- April 26th—Resident Council Meeting 4:00 pm
- SK Café—Mondays, Wednesdays , Fridays 10:30 am—All are welcome

Our special thanks go out to.....

- ♦ **Chuck Lacaille** on fixing the flagpole and stand in the community room. You are pretty nifty!
- ♦ **Pat Roth** for the delicious loaves of soda bread she baked for the SK Café.
- ♦ **Wanda Zelenski** for donating the radio show prize she won to the Samuel Kronman garden.
- ♦ **Donna Haring** for the clever and beautiful flyers and announcements she creates for the resident council.
- ♦ **Hope Tomko** and **Pat Roth** for stepping into fulfill important roles for their neighbors.

Resident News.....

- ♦ We bid goodbye to **Jose Solano** 4-J who just went back to his home country Cuba, as he faces a battle with a grave illness. We wish him strength and good health.
- ♦ We also bid goodbye to **George Shefton** 6-Q who transferred to a nursing home in Somerset. We wish you good luck , contentment and good health in your new home.
- ♦ We welcome new resident **Aruna Balakhan** who just moved in with Juan Abreu into unit 3-T. Welcome to Samuel Kronman! We know Juan enjoys your cooking!
- ♦ Good luck to **Clara O'Neal** who has a battery of tests to undergo. Her son and daughter have been very attentive, helping Clara get to her appointments.
- ♦ **Emily Harris** did an exceptional job as the "Teacher" at the Women's History Program, leading the discussion on so many famous women in history. Good job Emily!



CHEF'S CORNER**Creamy Bruschetta Chicken****Ingredients:**

1 tbsp. olive oil
 1 lb. boneless, skinless chicken breasts, sliced
 1 clove garlic, chopped
 1 pkg Knorr Rice Sides - Creamy Chicken Flavor
 2 large tomatoes, seeded and chopped (2 cups)
 1/2 cup shredded mozzarella cheese
 2 tbsp. chopped fresh basil leaves

Directions:

Heat oil in large non-stick skillet over medium-high heat and cook chicken, stirring frequently, until chicken is thoroughly cooked, about 4 minutes, adding garlic during the last 30 seconds of cook time. Remove and set aside.

Prepare Knorr Rice Sides—creamy chicken flavor in same skillet according to package directions. Stir in chicken and tomatoes. Sprinkle with mozzarella and basil.

Tip: Serve with a drizzle of balsamic vinegar.

**SPECIAL DAYS OF APRIL**

1st April Fool's Day
 14th Good Friday
 16th Easter
 17th Tax Day
 19th Passover begins
 22nd Earth Day
 25th Arbor Day

April is National Autism Awareness, Jazz Appreciation, Poetry and Parkinson's Disease Awareness Month.

Full Moon is on April 11th
 Known as the Full Pink Moon

5 pounds of flour.....How much did it cost?

In 1890	.14 cts
In 1920	.40 cts
In 1960	.55 cts
In 2015	\$2.63

QUOTABLE QUOTES

There is no glory in star of blossom till looked upon by a loving eye; there is no fragrance in April breezes till breathed with joy as they wander by—William C. Bryant

"I think we dream so we don't have to be apart for so long. If we're in each other's dreams, we can be together all the time." - Winnie the Pooh

SMILE AWHILE.....

Q: If you throw a red stone into the blue sea what will it become?

A: It becomes wet.

Q: What happens when frogs park illegally:

A: They get toad.

Q: What do you call a calf after it is six months old?

A: Seven months old.



Submitted by: Hope Tomko, 2-K

MEET THE RESIDENTS.....**RONALD BETZ****SAMUEL KRONMAN, APT. 2-S**

Hi my name is Ronald Betz. I was born on August 8th, 1954 in Highland Park. I have 2 sisters and 1 brother. My parents were immigrants from Germany. My father was a machinist and mom stayed home to care for us.

I graduated from Highland Park High School in 1973. I worked in a Kosher style deli called the Pantry between 4th & 5th Avenue in Highland Park and then at the Broadway Deli in East Brunswick and the Celebrity Deli in Tano Mall.

I then joined Lincoln Tech for HVAC training and started my own business in New Brunswick called RB Zones Heating and Air. During this time, I met a girl with 4 children who I raised as my own. I travelled to half dozen islands and to Hawaii. Unfortunately I hurt my back and had to fold up my business after 20 years. I stayed home at my mom's home on Inza Street, my childhood home where I grew up.

I moved into Samuel Kronman last July. I am very happy here and love my apartment.

I go fishing in Long Branch and Point Pleasant, walk in Donaldson Park every morning and read a lot!

**EVELYN RINDNER****SAMUEL KRONMAN, APT. 4-R**

Hi, my name is Evelyn Rindner. I was born on December 27, 1933 in Williamsburg, NY. I have one brother, Nat who lives in Georgia. I graduated from the Eastern District High School in Brooklyn and worked as a bookkeeper.

I met and married my husband Charles Rindner in 1957. Charles was a postal worker. I have one son David who lives in Brooklyn and a daughter Aviva who lives close by. I have 11 grand children and 12 great grandchildren.

Our children attended school in Brooklyn. I lost my husband about 1 1/2 years ago. I then moved in with my daughter.

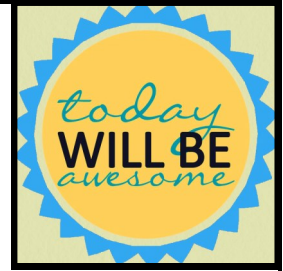
I like to read and to go dress shopping! I used to knit a lot. I love spending time with my family especially during the holidays.

I moved to Samuel Kronman just about one year ago in March, 2016. I like the people here. They are friendly. I like joining the activities over here and at the senior center where I play Bingo and participate in the Kosher luncheons.

Some Positive thinking.....

Outside my window a new day I see
 And only I can determine what kind of day it will be
 It can be busy and sunny, laughing and gay
 Or boring and cold, unhappy and gray.
 My own state of mind is the determining key
 For I am only the person I let myself be.
 I can be thoughtful and do all I can to help
 Or be selfish and think just of myself.
 I can enjoy what I can do and make it seem fun
 Or gripe and complain and make it hard on someone.
 I can be patient with those who may not understand
 Or belittle and hurt them as much as I can.
 But I have faith in myself and believe what I say
And I personally intend to make the best of each day!

By: Robert Bechler, 3-K



SPRING WORD SEARCH—A GIANT PUZZLE!



Answer key

April, April Fool's Day, Arbor Day
 Awaken, baby, baseball, bee, bird
 Bloom, blossom, bug, bulb, bunny,
 butterfly, calf, caterpillar, chick,
 Children's day, Cinco de Mayo, cloud,
 cocoon, colt, daffodil, dandelion, dig,
 duckling, earth, Earth Day, Easter, egg,
 emerge, flower, fog, garden, gosling,
 grass, green, grow, hatch, insect,
 Iris, kite, lamb, leaf, lightning, lilac,
 March, May Memorial Day, nest,
 Passover, picnic, piglet, plant, puddle,
 rainbow, raincoat, rainy, roots, season,
 seed, shovel, shower, soil, spring,
 sprout, stem, storm, sunshine, thaw,
 thunder, tulip, umbrella, violet, warm,
 water, weather, weed, wind, worm

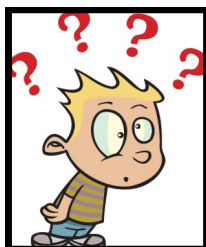


PHOTO GALLERY

ST. PATRICK'S DAY SPIRIT AT THE SK CAFÉ!



EMILY LEADS THE WOMEN'S HISTORY PROGRAM



Some of the Birthday People—Hope, Jeff & Joe!

Decorating cupcakes



SAMUEL J. KRONMAN INSPECTIONS

Please mark your calendar. During the week of April 17th thru April 21st 2017, all apartments on the 4th, 5th & 6th floors will be inspected between the hours of 8:30 am and 4:30 pm.

During the week of April 24th thru April 28th 2017, all apartments on the 1st, 2nd & 3rd floors will be inspected between the hours of 8:30 am and 4:30 pm.

You do not need to be home.

This will be a thorough inspection covering the required Uniform Physical Condition inspection, as well as the monthly/bi-monthly pest control inspection.

- Please be sure that your unit is free of excess clutter.
- All windows must be easily accessible and no furniture or other items should block the egress.
- Inspector must have access to all areas of the unit and be able to examine bedding.

LOBBY USE AND ABUSE

A reminder that you must not congregate in the lobby! Please restrict the use of the lobby for waiting for a pick up, waiting for an appointment with the office or to merely rest for a few minutes on your way in or out.

We have a beautiful and well equipped community room for your leisure, relation and socialization. Please don't turn the lobby into a meeting hall! It is a public entranceway and exit. Also, remember that your neighbors don't appreciate you gathering in the lobby either!



APRIL IS STRESS AWARENESS MONTH

- ♦ “Adopting the right attitude can convert a negative stress into a positive one.” —Hans Selye
- ♦ “Stress is when you wake up screaming and realize you haven’t fallen asleep yet.” - Unknown
- ♦ “I try to take one day at a time, but sometimes several days attack me at once.” - Jennifer Yane
- ♦ “Reality is the leading cause of stress for those in touch with it.” -Jane Wagner
- ♦ The time to relax is when you don’t have time for it. —Jim Goodwin
- ♦ Stressed spelled backwards is desserts. Coincidence? I think not! - unknown
- ♦ Don’t let your mind bully your body into believing it must carry the burden of its worries. - Astrid Alauda
- ♦ The greatest weapon against stress is our ability to choose one thought over another.
- ♦ Life is not a matter of having good cards, but of playing a poor hand well. - The Benefits of Optimism
- ♦ In times of great stress and adversity it’s always best to keep busy, to plow your anger and your energy into something positive.— Lee Iacocca
- ♦ Sometimes it is important to work for that pot of gold. But other times it’s essential to take time off and to make sure that your most important decision in the day simply consists of choosing which color to slide down on the rainbow. —Douglas Pagels
- ♦ “If your teeth are clenched and your fists are clenched, your lifespan is probably clenched.” - Adabella Radici
- ♦ When we long for life without difficulties, remind us that oaks grow strong in contrary winds and diamonds are made under pressure.—Peter Marshall

DONNA BRIGHTMAN

