

## Housing Authority of the Borough of Highland Park

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### MARCH, 2014

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### MARCH

5TH-  
ASH WEDNESDAY

9TH-  
DAYLIGHT SAVINGS

17TH-  
ST. PATRICK'S DAY  
HOLI

20TH-  
SPRING BEGINS!!!!



### The Ides of March

***Just one of a dozen Ides that occur every month of the year***

The soothsayer's warning to Julius Caesar, "Beware the Ides of March," has forever imbued that date with a sense of foreboding. But in Roman times the expression "Ides of March" did not necessarily evoke a dark mood—it was simply the standard way of saying "March 15." Surely such a fanciful expression must signify something more than merely another day of the year? Not so. Even in Shakespeare's time, sixteen centuries later, audiences attending his play *Julius Caesar* wouldn't have blinked twice upon hearing the date called the Ides.

The term Ides comes from the earliest Roman calendar, which is said to have been devised by Romulus, the mythical founder of Rome. Whether it was Romulus or not, the inventor of this calendar had a penchant for complexity. The Roman calendar organized its months around three days, each of which served as a reference point for counting the other days:

**Kalends** (1st day of the month)

**Nones** (the 7th day in March, May, July, and October; the 5th in the other months)

**Ides** (the 15th day in March, May, July, and October; the 13th in the other months)

The remaining, unnamed days of the month were identified by counting backwards from the Kalends, Nones, or the Ides. For example, March 3 would be V Nones—5 days before the Nones (the Roman method of counting days was inclusive; in other words, the Nones would be counted as one of the 5 days). Used in the first Roman calendar as well as in the Julian calendar (established by Julius Caesar in 45 B.C.E.) the confusing system of Kalends, Nones, and Ides continued to be used to varying degrees throughout the Middle Ages and into the Renaissance. So, the Ides of March is just one of a dozen Ides that occur every month of the year. Kalends, the word from which *calendar* is derived, is another exotic-sounding term with a mundane meaning. *Kalendrium* means account book in Latin: Kalend, the first of the month, was in Roman times as it is now, the date on which bills are due.

## RENT

### Rent is due on the 1st.

If you are using the rent boxes, your check must be in the box **before 4 PM on March 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 (e.g. family member), they must put your name and apartment number on the check so it can be identified and deposited correctly.



## ATTENTION RESIDENTS

**PLEASE REFRAIN FROM TOSSING BREAD AND OTHER FOOD ITEMS FROM YOUR BALCONIES TO FEED THE ANIMALS. NOT ONLY IS IT UNSIGHTLY, BUT IT INVITES UNWELCOME VERMIN.**



## COMMISSIONER'S CORNER

As I write this column, I am looking out on a winter wonderland! I hope by the time you read this column, the snow will be gone.

Our February meeting included many items of importance such as the following:

- Introduction of the budget, Fiscal Year: from 4/1/2014 to 03/31/2015. The annual budget and capital budget is scheduled for adoption on April 9<sup>th</sup>. William Katchen reviewed the budget for the Commissioners and he answered a variety of questions presented by the Commissioners.
- In December 2013 and in January 2014 notices for fee accountant services and legal professional services were advertised. Evaluation teams consisting of two Commissioners recommended William Katchen as the fee accountant and Terrence Corrison, Esq. as the general counsel.
- Board Committee assignments were assigned by the Chair. Morgan Chen will chair Buildings and Grounds, Amanda Thomas will chair Finance, Burt Weltman will chair the Policy committee, Mary Barnes will chair Tenant Relations and Charlotte Quaintance will be the chair of Personnel. Vice Chair, Dian Reh will serve as Commissioner at Large.
- Of particular interest to the tenants is the resolution adopted to have backsplashes installed in the new renovated kitchens. The installation will take place soon!

I want to take this opportunity to once again invite you to attend our Board of Commissioner's meetings that are held in the Community Room. Our next meeting is scheduled for **Wednesday March 12<sup>th</sup> at 6:30 pm**. You have two opportunities to speak once at the beginning of the meeting and again at the end of the meeting. This is an occasion for us to get to know you better and for you to share your concerns, thoughts and feelings directly with us on topics of importance to you.

Evelyn Sedehi, Chairperson

## **A NOTE FROM KETTLY AND JANI**

### **Breast Cancer and Seniors**

When detected early, breast cancer is treated successfully 98% of the time. Researchers continue to make impressive gains in the detection, diagnosis, and treatment of breast cancer. For example, according to the Mayo Clinic, the radical mastectomy, once a standard procedure for women with breast cancer, is now rarely performed.

However, breast cancer in seniors remains a very potent disease that will only be eradicated if women follow the recommended schedule and undergo annual mammograms. Recent statistics suggest that women are skipping annual mammograms, the key procedure to screening.

Breast cancer remains the second leading cause of cancerous death after lung cancer. It is also the second most common cancer among women after non-melanoma skin cancer.

Like all cancers, breast cancer begins with abnormal cell growth. These “bad” cells develop too quickly and spread, or metastasize, throughout the breast, often entering lymph nodes located under the arm or even moving into other parts of the body.

There are several signs of potential breast cancer, including a bloody discharge from or retraction of the nipple; a change in the size or contour of the breast; and a flattening, redness, or pitting of skin over the breast. A lump in the breast remains the most common sign.

**If a woman detects a lump, she should see her doctor.**

Genetics may also play a role in breast cancer. Even though less than 10% of the breast cancer cases are inherited, women with a family history of the disease have a much greater risk of breast (and ovarian) cancer.

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## **ACTIVITIES CALENDAR**

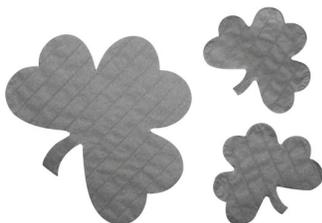
**Parker Day Program- Every Monday from 10AM to 2PM**

Coffee Klatch – TBA

Diabetes Workshop -3/6/14 @10:30 AM

Women History Program- TBA

January, February & March Birthday Bash - TBA



## **Safe Kids Middlesex County and RWJ Caution: Don't Overlook Brain Injuries**

### *March is National Brain Injury Awareness Month*

While the public today is better educated and aware of the risks of brain injuries, March – also known as National Brain Injury Awareness Month - is a good time to educate and remind ourselves and others that suspected head injuries, especially concussions, shouldn't be ignored.

Most first concussions are mild and therefore easily overlooked. A student athlete, for example, may suffer a concussion but returns to play because he dismisses symptoms or there's peer pressure to continue. That child is then at risk for second impact syndrome, which occurs if a player returns too quickly and is hit again. It's important to train coaches, trainers, gym teachers, school nurses, trainers, educators, parents and pediatricians to recognize the signs and symptoms of concussions to prevent more serious injury.

Another common mistake is thinking a concussion isn't really a concussion if the individual doesn't lose consciousness. *That is simply not true.* In most cases, a person does not lose consciousness after suffering a concussion. Don't rely on that to determine if an individual is suffering from a concussion.

Concussion symptoms may include a raised, swollen area from a bump or a bruise; headache; sensitivity to noise and light; irritability; confusion; lightheadedness and/or dizziness; problems with balance; nausea; problems with memory and/or concentration; fatigue or lethargy.

Moderate or severe symptoms may include those listed above plus loss of consciousness; severe headache that doesn't go away; repeated nausea and vomiting; loss of short-term memory, such as difficulty remembering the events that led right up to and through the traumatic event; slurred speech; difficulty walking; weakness in one side or area of the body; sweating; pale skin color; seizures or convulsions; or blood or clear fluid draining from the ears or nose.

And, parents and caregiver, kids will be kids. A fall from a tree or piece of playground equipment can cause a concussion. Falling while riding a bicycle or scooter, *especially without a helmet*, can cause a concussion. The effects of brain injury may be invisible to an unknowing observer. Anyone with symptom(s) of brain injury should be evaluated by a medical professional as subtle signs of concussions may be missed without medical evaluation.

*When in doubt – get your child checked out! You can call the RWJ Concussion Center at 732.253.3149 for information or to schedule an appointment.*

## **SAVE THE DATE!**

**Learn more about concussion and preventing sports related injuries at the  
RWJ Sports Safety Symposium at Rutgers' Athletic Center on May 4<sup>th</sup>.**

**For more information go to [www.rwjtrauma.org](http://www.rwjtrauma.org) or call 732.418.8026.**

For more information on how to join

Safe Kids Middlesex County and the Injury Prevention Program @ RWJ:

732.418.8026

[www.facebook.com/safekidsmc](http://www.facebook.com/safekidsmc)

[www.rwjTrauma.org](http://www.rwjTrauma.org)

Submitted by: Diana Starace, Injury Prevention Coordinator

## BUG BITS

### Integrated Pest Management

A lot of residents often ask me how I handle a pest problem once it occurs.

I use a system known as IPM ( integrated pest management.) This method is preformed in three stages: Prevention, Observation, and Intervention. It is the ecological approach with the main goal of significantly reducing or eliminating the use of pesticides at an acceptable level.

The concept of IPM came shortly after World War II, when synthetic insecticides became widely available. Entomologists were working with Farmers on how to control insects without destroying the crops themselves. It worked very well in this field and when Bed Bugs and Cockroaches started invading people's homes the same technique had to be applied.

Pest Control, not pest eradication. IPM holds that wiping out an entire pest population is often impossible, and the attempt can be economically expensive, environmentally unsafe, and frequently unachievable. This means that spraying an area will not solve the problem at hand. With proper Inspections, Communication, and Resources pest control can be achieved.

One of the things I often run into is proper identification of a pest. It seems for the most part people say they have seen a bug or even given me half of a bug that they have killed and expect me to know what it is. This becomes a problem because I need to know what I'm up against. I first have to properly identify the pest, learn it's biology, figure out what stage it's in, and take action on how it's to be treated. Cases of mistaken identity may result in ineffective actions.

When treatments fail, it's not because the pesticide didn't work. It is most likely something was not prepared correctly or even over looked. This happens when a home is in poor housekeeping or there is too much clutter.

Always remember pests love to hide in clutter, areas that are unkempt, and kitchens where food sources are available. Keeping your home clean and in order is the first step to proper pest maintenance. Sometimes other issues come up like a disturbance in a structure that makes insects come out. Sudden temperature changes also changes the insects behavior making them more visible.

For pest control issues or concerns please call 732-634-2750 x126  
Bed Bug Emergencies ONLY 732-803-2893



### KATHY'S CORNER

#### **Stages of Life.....**

**A group of 15 year old boys discussed where they should meet for a burger. It was agreed they would meet at the McDonald's next to Captain Jack's Seafood Grille because they only had six dollars among them, they could ride their bikes, and that cute girl in Social Studies lived on the same street and they might see her.**

**Ten years later, the group of now 25 year old guys, discussed where they should meet for dinner. It was agreed they would meet at Captain Jack's Seafood Grille because the beer was cheap, the bar had free snacks, the house band was good, there was no cover charge, and there were a lot of cute girls.**

**Ten years later, at 35 years of age, the group discussed where they should meet for dinner. It was decided they would meet at Captain Jack's Seafood Grille because the booze was good, it was near their gym, and, if they went late enough, there wouldn't be too many whiny little kids.**

**Ten years later, at 45, the group discussed where they should meet for dinner. It was agreed they would meet at Captain Jack's Seafood Grille because the martinis were big and the waitresses were really good looking.**

**Ten years later, now 55, the group discussed where they should meet for dinner. It was agreed they would meet at Captain Jack's Seafood Grille because the prices were reasonable, they have a nice wine list, and fish is good for your cholesterol.**

**Ten years later, at 65 years of age, the group discussed where they should meet for dinner. It was agreed they would meet at Captain Jack's Seafood Grille because the lighting was good and they have an early bird special.**

**Ten years later, at 75 years of age, the group discussed where they should meet for dinner. It was agreed they would meet at Captain Jack's Seafood Grille because the food was not too spicy and the restaurant was handicapped accessible.**

**Ten years later, at 85 years of age, the group discussed where they should meet for dinner. It was agreed they would meet at Captain Jack's Seafood Grille because they had never been there before.**

## ST. PATRICK'S DAY

C O R N E D B E E F Q L  
 K L P O I U Y T R E E W  
 J H S E O T A T O P G F  
 D C X Z A S D I R I S H  
 L C A B B A G E W E R T  
 O V B B N M C Q I U J Y  
 G O P L A H S L D F I G  
 F N M L A K G U O J G H  
 O B V U C R X C Z V Q W  
 T I N U E Y N K T R E E  
 O O P E L K J E H G F R  
 P N B V C X Z Y A S D

**FIND: Blarney, Irish, Luck, Potatoes, Corned Beef, Green, Cabbage, Jig, Pot Of Gold, Clover, Leprechaun**

## IRISH POTATO CANDY

**Ingredients:**

- 1/4 cup butter, softened
- 1/2 (8ounce) package cream cheese
- 1 teaspoon vanilla extract
- 4 cups confectioners' sugar
- 2 1/2 cups flaked coconut
- 1 tablespoon ground cinnamon



**Directions:**

1. In medium bowl, beat the butter and cream cheese together until smooth. Add vanilla and confectioners' sugar. Beat until smooth. Using your hands, if necessary, mix in the coconut. Roll into balls or potato shapes, and roll in cinnamon. Place on cookie sheet and chill to set. If desired, roll potatoes in cinnamon again for a darker color.

## HAPPY HOLI

Holi is a Spring Festival also known as The Festival of Colors! It is an ancient Hindu religious festival which has become popular with non-Hindus in many parts of South Asia as well as people of other communities.

Holi celebrations start with a Holika bonfire on the night before Holi where people gather, sing and dance. The next morning is a free for all carnival of colors, where everyone plays, chases and colors each other with dry powder and colored water, with some carrying guns and colored water- filled balloons for their water fight. Anyone and everyone is fair game, friend or stranger, rich or poor, man or woman, children and elders. The frolic and fight with colors occurs in the open streets, open parks, outside temples and buildings.

Groups carry drums and musical instruments, go from place to place, sing and dance. People move and visit family, friends and foes, first playing with colors on each other, laugh and chit-chat, then share Holi delicacies, food and drinks. In the evening, after sobering up, people dress up and visit family and friends. It is a national holiday in India.

Holi is celebrated at the approach of blankagert, on the full moon. The festival date varies each year, per the Hindu calendar, and typically comes in March. This year the festival is celebrated on March 17th. The festival signifies the victory of good over evil, the arrival of spring, end of winter, and for many a festive day to meet others, play and laugh, forget and forgive, and repair ruptured relationships.

**IF YOU ARE NOT SICK ENOUGH OF THE SNOW YET, HERE IS SOME SNOW TRIVIA TO MELT ABOUT:**

- **NO TWO SNOWFLAKES ARE ALIKE.**
- **MOST SNOWFLAKES HAVE SIX SIDES. OTHERS HAVE STRANGER SHAPES LIKE HOURGLASSES, SPOOLS OF THREAD AND NEEDLES.**
- **BECAUSE SNOW IS SO FLUFFY A SMALL AMOUNT OF WATER CAN TRANSLATE INTO A HUGE PILE OF SNOW-AN INCH OF RAIN MAKES 10 INCHES OF SNOW!**
- **THE HIGHEST SNOWFALL EVER RECORDED WAS 31.1 METERS (1224 INCHES) IN MOUNT RAINIER, WASHINGTON.**
- **THE LARGEST SNOWFLAKE FELL IN MONTANA-15 INCHES IN DIAMETER.**
- **THE AVERAGE SNOWFLAKE FALLS AT A SPEED OF 3.1 MILES PER HOUR.**

**WITH THE CRAZY WINTER WEATHER TAKING PLACE ACROSS THE U.S. AND AROUND THE GLOBE, I DON'T KNOW ABOUT YOU BUT I'M READY FOR SPRING. I AWAIT MARCH 20TH WITH ANTICIPATION!! SPRING IS JUST AROUND THE CORNER!!**



**Sincerely, Donna Brightman**