

Housing Authority of the Borough of Highland Park

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



MAY, 2014

Learn About Composting Day

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Learning About Composting Day is a great opportunity to "Go Green" and help the environment. Composting is easy. It makes you feel good, to know you are doing your part to keep our environment a little bit cleaner. You may be surprised at how easy it actually is to compost, and, everyone can compost.

As you learn about composting, you will be surprised at all the things you can compost. It is common knowledge, that you can compost garden and yard vegetation, as well as kitchen (vegetable) scraps. But, you can also recycle many other things, including papers, untreated wood, and cardboard. Cardboard paper towel and toilet paper holders are great items to compost.

You can use compost around your plants, to feed them, keep the weeds down, and to help retain soil moisture. If you don't have a yard, you can give it away to family and friends that do. Your reward will be flowers, vegetables or herbs from thankful gardeners.

Learn About Composting Day is observed on May 29, 2014. Compost is organic matter that has been decomposed and recycled as a fertilizer and soil amendment. At the simplest level, the process of composting simply requires making a heap of wetted organic matter (leaves, "green" food waste) and waiting for the materials to break down into humus after a period of weeks or months.

The decomposition process is aided by shredding the plant matter, adding water and ensuring proper aeration by regularly turning the mixture. Worms and fungi further break up the material.

You can rake autumn's leaves into a heap for pickup, or you can run the lawn mower over them and turn them into mulch. But even better, you can use them (preferably shredded) to efficiently create nutritious compost for your garden. There are several ways to do this; the easiest involves a container, plus ingredients in the right proportions.

Need to know: It's not just a matter of dumping leaves into a pile and coming back a few days later to find the rich humus you crave. You need to introduce the necessary organisms to produce close-to-perfect compost. The end product depends on the right mix of heat, moisture, air and materials. Making compost quickly will create enough heat to destroy plant diseases and any weed seeds that have found their way in.

Turn, turn, turn: Keep the compost process going by turning the pile often - with a pitchfork in an open bin, or by turning a handle in a closed container.

Almost any organic material is suitable for a compost pile, but you'll need the proper proportion of carbon- and nitrogen-rich materials. Carbon-rich matter includes those dried leaves, straw and wood chips. Nitrogen materials include grass clippings and kitchen scraps.

From the kitchen, you can add vegetable matter, coffee grounds, tea bags and crushed eggs. No meat and fat, which attract rats. From the garden: flower heads to frost-blasted impatiens, and everything in between. Weeds and weed seeds may spread unless the internal pile temperature gets to a killing 130 degrees. Hay and straw are heavy on carbon but have weed-seed issues. And generally speaking, avoid fresh manure (it can overheat the container) and animal droppings (deadly pathogens can abound).

Basically, if you have vegetable peelings, coffee grinds, grass clippings and fruit rinds, you've got the makings for fabulous compost.

Following is a list of items to NOT place in the compost pile.

1. Vegetable waste that includes tomato and pepper seeds. Otherwise, you will be growing tomatoes and peppers.
2. Invasive weed plants and seeds, such as morning glories and comfrey roots.
3. Diseased plant matter.
4. Pet waste/feces.
5. Animal products, such as dairy products, meats, grease, etc.

MAY

11TH-
MOTHER'S DAY

17TH-
ARMED FORCES
DAY

26TH-
MEMORIAL DAY



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 May 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 ALL RESIDENTS

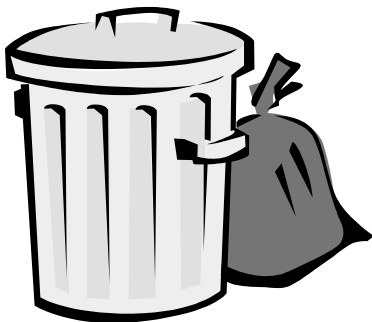
THE NEXT BULK

PICK-UP IN

HIGHLAND PARK IS

SCHEDULED FOR

THURSDAY, JUNE 5TH



COMMISSIONER'S CORNER

Well, no longer do I see snow out the window as I write this column but instead I see the tree buds getting bigger and the daffodils blooming across the street! I must say it is a bit windy and actually cold today but I am NOT complaining!!!!!!

Commissioner Mary Barnes has recently moved out of Highland Park and thus is no longer able to serve on the Highland Park Housing Authority Board of Commissioners. Mary was appointed in 1992 and until her resignation the longest serving member of the Board. The rest of us have all been appointed since the year 2007. We are sorry to see Mary off the Board, as she was a valuable contributor to the discussions and decisions we have had to make over the years. However, we wish her well in her new home and hope she will return to visit from time to time.

Back a few weeks ago, the Personnel Committee chaired by Charlotte Quaintance held a committee meeting with Diane Reh, Vice President and me. Donna Brightman and Mike Yannuzzi reviewed with us the resumes and interviews they conducted for the vacant maintenance position. We had a lively discussion and concurred with their recommendation to hire Gus Patino as the Maintenance Manager. We had an opportunity to meet Gus that day and are delighted that he agreed to work for the HP Housing Authority.

Amanda Thomas, the Finance Chair, met with Dian Reh to evaluate the audit proposals that were received. Yes, it is that time of the year when the auditors arrive to go over the records. They recommended Hymanson, Parnes & Giampolo so in a few weeks you will see members of their staff in the offices reviewing everything from payroll records to Board meeting minutes!

You can see that in addition to attending monthly Board meetings, the Board members are attending committee meetings, coming in to meet with Donna on various subjects, etc. We all feel it is important to be involved on a regular basis.

Hope everyone is well and ready to enjoy the Spring before Summer arrives!

Evelyn Sedehi, Chair of the HPHA

A NOTE FROM KETTLY AND JANI

Allergy season is upon us once again as Spring has finally arrived. As pollen fills the air people afflicted by seasonal allergies are beginning to groan.

Like many millions of Americans, the elderly are not exempt from the stuffy noses and watery eyes that accompany allergies. But, unlike most of those millions, seniors often have complicating factors such as chronic diseases that can make it difficult to deal with their allergies.

Christopher Randolph, M.D., member of the American Academy of Allergy, Asthma, and Immunology's Asthma & Allergic Diseases in the Elderly Community, discusses ways allergy season can be bearable for the elderly.

Look for the signs: Allergies don't discriminate between the young and the old. Randolph says that people falsely assume that the elderly do not get seasonal allergies, when, in fact, they are just as likely as anyone else to be affected when spring blooms begin to appear. Be on the lookout for the traditional signs of allergies: sneezing, a runny nose, and itchy eyes.

Make sure your doctor knows: Randolph points out that it can be difficult for a doctor to diagnose allergies in an older person, particularly when they're focused on a senior's larger health issues. Elderly people often have multiple chronic health problems, and it can be hard for a doctor to separate a potential allergy from an ongoing disease. If you suspect that you may have allergies you should bring your concerns to your doctor.

Be aggressive: "Allergies have a larger impact on the lives and health of the elderly," Randolph says. It makes sense; allergy symptoms, such as a congested nose and an irritated throat can be extremely dangerous to a senior who has pre-existing cardiovascular problems. This is why Randolph feels that allergies in the elderly should be treated as rapidly and aggressively as possible.

Avoid traditional antihistamines: Antihistamines, the class of drug most commonly prescribed to treat allergies, can be dangerous to seniors. Potential side effects from these medications include: confusion, drowsiness, urinary retention, dry mouths and eyes, and dizziness. Randolph says that antihistamines can potentially cause changes in mood or behavior in the elderly and may lead to dangerous interactions with commonly prescribed medications. For the senior suffering from seasonal allergies, a doctor will likely prescribe a nasal steroid or some form of topical medication.

Be on the lookout for upcoming treatment options: Randolph says that there is a new type of treatment for allergies being developed specifically for the elderly. By combining an antihistamine with a steroid inhaler, this new treatment will be able to deliver the antihistamine directly into the nose, avoiding the unpleasant side effects traditionally associated with the drug. While it probably won't be ready in time to help seniors this season, Randolph expects the treatment will be available to the public within the next three to six months.

Prevention:

1. Minimize outdoor activities when pollen counts are high. Peak pollen times are usually between 10 a.m.-4 p.m. Get pollen count information for your area from the National Allergy Bureau.
2. Keep your car windows closed when traveling.
3. Try to stay indoors when humidity is reported to be high, and on windy days when dust and pollen are blown about.
4. Consult an allergist/immunologist, who can evaluate your history and conduct tests to find out if your allergies needs to be managed more effectively.

HAPPY SPRING and HAPPY MOTHER'S DAY!!

SPORTS SAFETY SYMPOSIUM FOR THE COMMUNITY

Are YOU Sports Smart?

Sunday, May 4, 2014

Location:

Rutgers Athletic Center ~ 83 Rockefeller Road ~ Piscataway, NJ

Session I 9:00 – 11:30am

Lectures for coaches, athletic trainers, healthcare professionals and parents/guardians.

Preventing Acute/Overuse Sports Injuries

Heather W. Harnly, MD

*The Bristol-Myers Squibb Children's Hospital
at Robert Wood Johnson University Hospital*

“Winning the Mind Game”

Mitch Abrams, Psy.D

Sports Psychology

Owner, Learned Excellence for Athletes

Concussion: The “Return to Life” Debate Continues

Philip Cohen, MD

Staff Physician/Sports Medicine

Rutgers Health Center

Session II 11:30 a.m. – 4 p.m.

*Kickoff, Keynote speaker, sports safety zones and
player meet and greet.*

Kickoff: Malcolm Jenkins

*Defensive Back, Philadelphia Eagles; Super Bowl XLIV Champion
and former Defensive Team Captain - New Orleans Saints*

Keynote: “Believe!”

Eric LeGrand

Former Rutgers Football Player, Author, Source of Inspiration

Rutgers athletes and local coaches and players to work with youth athletes on sports safety techniques

Interactive stations for youth athletes and parents/guardians covering concussion, hydration and heat illness, acute and overuse injuries, and proper equipment and physicals

“Meet and Greet” for all attendees

Register online at www.rwjtrauma.org/sportsafety. All pre-registered youth will receive a complimentary t-shirt.

For more information call 732-418-8093

Robert Wood Johnson University Hospital is an approved provider of continuing nursing education by the New Jersey State Nurses Association, an accredited approver, by the American Nurses Credentialing Center's Commission On Accreditation. Provider Number P133-4/13-16.

BUG BITS

Out with the cold weather and in with the bugs. Spring and Summer are great times to enjoy the outdoors; they are also peak times for annual bug and pest explosion. And we're not just talking Cicada's, but also flies, ants, Mosquitoes, cockroaches, bees, and bed bugs.

Mosquito: There's no reason to ever want a mosquito around. When they bite, it can itch for days and they also transmit disease's like the West Nile Virus. They breed in shallow water areas like puddles and water-filled pots.

House Flies: Anyone who has ever been to a BBQ knows flies follow food. If your windows are up please make sure the screens are down and don't have holes in them. Also, mind your mother and don't leave the door open because you don't live in a barn.

Cicadas: There's a new batch of these strange looking Sci-fi bugs every summer, and they have been underground for sometimes as long as 17 years. So when they rise, they are bound to make some noise. By the way, this is "Brood year" (swarm year) so break out your Badminton and Tennis racquets.

Ants: Just like flies, ants are going to follow the food. Whether the food is outside on the grill or in your kitchen, if you leave them a path, they will get there. The best thing is to keep your floors and counters extra clean, put food away after your finished and always keep a can of ant spray handy during the Spring and Summer months.

Cockroaches: Same as Ants but they carry many diseases. If you have poor house keeping and leave food out, you are inviting cockroaches in for a feast. Keep the stove, cabinets and counters free of grease and other food particles, roaches will feed on anything left behind. Having a house full of

clutter can also contribute because roaches can hide and avoid pesticides.

Bees: My favorite insect, but can also be one of the most dangerous. Never mess with a bee hive. A bee sting can be very harmful if a person is allergic.

Bed Bugs: These nasty little blood suckers multiply three times more rapidly during the warmer months. Checking your mattress and furniture weekly can help with identifying the start of an infestation. Also eliminating clutter can prevent bed bugs from hiding and furthering an infestation.

As always for any pest issues or questions please feel free to call me.

Vincent Sammartino
732-634-2750 x126



KATHY'S CORNER

Air Conditioner Season

All residents of **Park Terrace** have their utilities included in the rent. Therefore, during the cooling months of June through September, an excess utility fee is attached to the monthly rent to compensate for the excess utility consumption associated with air conditioning.

As in the past, each household must pay an additional \$20.00 per month, per air conditioner unit installed during each of the months noted above.

Each family must pay the excess utility fee by no later than the last day of each of the appropriate months. (June, July, August & September)

Please advise the office prior to June 1, 2014 of how many air conditioners you intend to install this summer so that the proper charges can be accessed to your account. Our maintenance staff will conduct periodic inspections throughout the summer months to confirm which units have air conditioners installed.

Residents of Samuel Kronman pay the excess utility fee on a monthly basis throughout the year. This is what the \$17.00 that is added to your rent bill each month represents. Therefore, there is no need for residents of this building to pay additional amount during the summer months.

Summer will be a welcome relief after this horrific winter. I hope you all enjoy it.



COMPOST

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

FIND: Composting, Go Green, Garden, Vegetation, Plants, Moisture, Flowers, Organic, Aeration, Leaves, Eggshells, Coffee Grinds, Grass, Fruit

TROPICAL GRILLED CHICKEN BREAST

Ingredients:

- 1/2 cup orange juice
- 1/2 lime, juiced
- 1 tablespoon honey
- 1 teaspoon crushed red pepper flakes
- 4 skinless, boneless chicken breasts
- 1 tablespoon chopped fresh cilantro

Directions:

1. Whisk together the orange juice, lime juice, honey and red pepper flakes in a bowl and pour into a re-sealable plastic bag. Add the chicken, coat with the marinade, squeeze out the excess air and seal the bag. Marinade for 30 minutes.
2. Preheat outdoor grill for medium-high heat and lightly oil the grate.
3. Remove chicken from marinade and shake off the excess. Discard remaining marinade. Cook the chicken about 6 to 8 minutes on each side. Top with cilantro and serve.

10 FACTS ABOUT COMPOSTING

1. Composting can easily convert yard and kitchen waste materials into a rich, natural and organic garden soil additive.
2. The first modern use of composting dates back to the 1920's by European farmers.
3. Composting is a sensible and effortless way for you to deal with yard trimmings and waste such as grass, fallen leaves, plant clippings and more.
4. Composting is an organic and natural biological process where by bacteria, fungus along with other microorganisms break down organic substances such as foliage, lawn cuttings and kitchen waste items.
5. The speed of the composting process can be increased by rotating or turning the heap on a regular basis.
6. A trick to remember the exact mixture of materials to use when making the compost is this: 3 parts brown, 1 part green. Keep it moist and turn it regularly.
7. Composting is among the most effective things you can do to have a positive impact on the environment, to help wildlife, to add nutrition to your soil, and to increase crop yield and plant health.
8. Composting can help to eliminate up to 20% of the waste you send to landfills.
9. Worm composting, also referred to as vermicomposting, is among the fastest techniques for recycling vegetable and fruit leftovers.
10. Composting will work miracles for your garden if used correctly.

EARTH DAY POEM: JUST ONE PERSON

Just one person can make a bin
to put all kinds of recyclables in.

Just one person can use less power
and instead of a bath, take a quick shower.

Just one person can make a turn
by learning to compost and not wanting to burn.

Just one person can do a good deed
and help our world by planting a seed.

Just one person together with others
makes up our world full of sisters and brothers.

Just one person can stop being mean
and help mother Earth by just going green!

-Published by Carolina King



Sincerely, Donna Brightman