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Borough of Highland Park
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Housing Authority of the Borough of Highland Park



July 2016

THE HIGHLANDER

FROM THE EDITOR'S DESK

Summer is officially here. Its nice to see you up and about, taking a stroll, stopping to admire the flowers, sitting in your balconies, children playing....life is all around us. Enjoy this season!

A special word of encouragement to our brave Victory Gardeners! All five garden beds are in bloom, growing daily, even though it is not the sunniest spot! Keep watering those beds, can't wait for juicy tomato sandwiches!!

The Flag Day picnic was fun and patriotic. Hope to see more of that. Please know that groups of 4 or more are welcome to use the BBQ grill in the back as long as one person assumes the responsibilities involved. Please see the office if you are interested.

Thanks Chuck, who agreed to be our BBQ chef again this Summer. Please see details on page 7.

On a personal note, I am still brimming with pride as my brother, Prasanna, was sworn in as a Judge of the Supreme Court of Sri Lanka, the highest honor and mantle in his field. I am such a proud sister!

RUNI SRIWARDENA

HAPPY FOURTH OF JULY!



Do you know how fireworks became America's 4th of July pastime? According to Forrest Wickman.....

For as long as Americans can remember, the nation has celebrated the 4th of July by staging fireworks shows in public squares and lighting smaller displays at home. Why do we commemorate Independence Day this way?

It is because John Adams wanted us to. Before the Declaration of Independence was even signed, he envisioned fireworks as a part of the festivities. In a letter to Abigail Adams on July 3, 1776, he wrote that the occasion should be commemorated "with Pomp and Parade, with Shews, Games, Guns, Bells, Bonfires and Illuminations from one End of this Continent to the other from this time forward forever more". The first commemorative Independence Day, fireworks were set off on July 4, 1777. That same year fireworks also lit up the sky in Boston where they were exhibited by Col. Thomas Crafts over the common. By 1783 a large variety of fireworks that included "rockets, serpents, wheels, table rockets, cherry trees, fountains and sunflowers" were used.

While some historians have suggested that India first invented fireworks, modern fireworks seems to have come to the West by way of China. Most early fireworks were simply re-purposed military munitions, fired for entertainment rather than to frighten or kill the enemy. In the 12th century, the Chinese improved fireworks by inventing rockets, simply by stuffing a container with gunpowder and leaving a hole in one end for propulsion. During the Renaissance, fireworks became popular in Europe and were used in nationalist and imperialist celebrations by figures like Peter the Great and Louis XIV, who were especially big fans of the pyrotechnics.

Tradition alone, of course does not explain the popularity of fireworks here or abroad but one thing's for sure, there is nothing more patriotic than seeing the sky light up in red, white and blue with bursts of noise and applause!

HAPPY BIRTHDAY AMERICA!

RENT

Rent is due on the 1st.



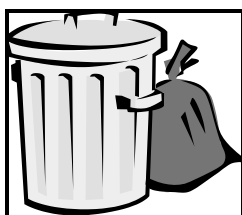
If you are using the rent box, your check must be in the box before 4 PM on **July 7th**.

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

ATTENTION
ALL RESIDENTS!
**THE NEXT BULK
PICK-UP IN
HIGHLAND PARK IS
ON AUGUST 10, 2016**



JULY IN HISTORY

- On July 1, 1867, the Dominion of Canada was established.
- July 1, 1862—President Abraham Lincoln signed the first income tax bill, levying a 3% income tax on annual incomes of \$600—\$10,000 and a 5% tax on incomes over \$10,000.
- July 2, 1964—President Lyndon B. Johnson signed the Civil Rights Act of 1964, prohibiting discrimination on the basis of race.
- July 6, 1885—Louis Pasteur gave the first successful anti-rabies inoculation to a boy who had been bitten by an infected dog.
- July 5, 1971—Amendment 26 was proclaimed which set the voting age at 18 in the United States.
- July 10, 1973—The Bahamas gained their independence after 250 years as a British Crown Colony.
- July 16, 1790—District of Columbia was established.
- July 16, 1999—A small plane piloted by John F. Kennedy Jr. went down killing him, his wife and sister-in-law.
- July 20, 1969: Apollo 11's Neil Armstrong was the first person to step foot on the moon.

Did you know that Belarus, Venezuela, Argentina, Belgium, the Bahamas, the Maldives, France and Canada also celebrate their Independence in July?!

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

Stay Hydrated!

It is important to stay hydrated during the hot summer months. 75% of Americans suffer from chronic dehydration. If you experience extreme thirst, lack of urination or perspiration, dizziness or confusion, headache, or fever you may be dehydrated. Follow these tips to stay hydrated.

Track & Set Reminders

Set alerts on your phone to remind you when you should be reaching for that next glass of water. Track your progress to know how much you drank.

Bring a Bottle with you

Bring a water bottle with you wherever you go. Flavor your water with fruit, mint, or cinnamon to spruce it up!

Avoid Sugary Drinks

Avoid sugary drinks and limit caffeine. Drinks such as soda and juice will actually make you more de-hydrated.

Eat Fruits & Veggies

On average, 20-30% of your daily water intake comes from food. Eating fruit and vegetables is the best way to ensure you stay hydrated.

Drink More During Activity

Drink more water when being physically active to replace the fluids you may lose through sweating.

Check Urine Color

Checking your urine is a good indicator of dehydration. If your urine is a light pale yellow or white, then you are hydrated. Darker yellow urine may mean you're in need of some water.



Activities Calendar:

Coffee Klatch – TBA

Birthday Bash – Thursday, July 28 @ 2:00PM

MARK YOUR CALENDAR

- July 28th—Birthday Bash at 2:00 PM.
- Coffee Klatch—TBA
- SK Cafe and Activities—Mondays, Wednesday and Fridays 10:30—2:00 pm
- Thursday Sharing Group—On Every Thursday from 11:45—2:00 pm.
- Monday, August 22nd at 12:30 pm -Mark Your Calendar—Annual Staff Hosted BBQ For all residents of the HPHA . Rain date (Tuesday, August 23rd)

GOODBYE



.....AND WELCOME



Our deepest condolences to the Goehring family on the death of our resident Centurion **Ann Goehring**, to the Demers family on the death of our resident **Peter Demers** and to the Marinov family on the death of our resident **Maria Marinov**. We will miss them all.

Goodbye and good luck to **Selma Goldblatt** as she relocates to be with her son in Kansas City, Missouri. Selma is much loved by one and all and she will be greatly missed.

A warm welcome to **Ernestine Bailey**, mother of Park Terrace resident Melissa Bailey who just moved into unit 3-N. Hope you will get settled down soon!

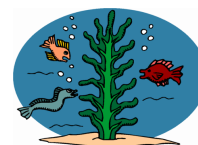
Thanks to Good Neighbors !

A big thank you to Park Terrace residents Joy Negron, Alexander Alkhasov, Georgette Greene and Debbie Johnson who volunteered to plant beautiful flowers at Park Terrace so that all their neighbors can enjoy them!

We appreciate your effort and for so graciously agreeing to do the hard work of digging and planting! You made your neighborhood look beautiful!

ADVICE FROM THE OCEAN

Be *Shore* of yourself
Come out of your *Shell*
Take time to *Coast*
Avoid *Pier* Pressure
Sea *life's* beauty
Don't get *Tide* down
Make *Waves*!



- Submitted by: Maggie Ferber 5-C

CHEF'S CORNER



EASY SUMMER PIE

An extra-easy, wonderfully refreshing cream cheese and mixed fruit pie. Perfect for picnics, hot summer nights. Or even b'fast!

Ingredients:

- 1 (9" inch) frozen pie crust, thawed
- 1 (8 ounce) package cream cheese, softened
- 1/3 cup white sugar
- 1 (11 ounce) can mandarin oranges, drained
- 1 cup fresh strawberries, halved
- 4 kiwi, peeled and sliced
- 1 cup fresh raspberries
- 1 cup fresh blueberries

Directions:

Preheat oven to 400 degrees F (or 200 degrees C)

Roll pastry into a 11 inch circle. Lay flat on a baking sheet or pizza pan. Prick several times with a fork. Bake in a preheated oven for 12 to 15 minutes, until light brown. Remove and allow to cool completely.

In a small mixing bowl, beat together cream cheese and sugar until creamy & smooth. Spread evenly onto cooled pastry. Arrange fruit in a decorative pattern over cream cheese layer.

Chill until ready to serve.

Special Days of July

4th Independence Day

July is National UV Safety and Bladder Cancer Awareness Month.

It is also National Blueberry Month, National Ice Cream Month, National Hot dog Month, National Picnic Month and National Pickle Month!

July in Other Languages:

Chinese (Mandarin): qiyuA

Danish: juli

French: juillet

Italian: luglio

Latin: quintilis

Spanish: Julio

How was July Named:

July is the 7th month. However, on the Roman Calendar, it was actually the fifth month and was called Quintilis, which meant fifth. Later in 46 B.C., Caesar gave 31 days to the month and the Roman Senate named the month Juliys in honor of Caesar.

Full Moon: July 19th at 6:57 PM

Known As: The Buck Moon

Buck deer start growing velvety hair-covered antlers in July. Frequent thunderstorms in the New England area also resulted in the name Thunder Moon. Some tribes also used Hay Moon due to the hotness of the sun drying grass out to resemble hay.

Fun Fact: This July is the first time in 823 years that it will have five Fridays, five Saturdays and five Sundays!

SMILE AWHILE.....

Summer Job

For her summer job, my 18-year-old daughter arranged interviews at several day-care centers. At one meeting, she sat down on one of the kiddie seats, no simple task for most people. The interview went well, and at the end, the day-care center director asked the standard question, "Can you give me one good reason we should hire you?"

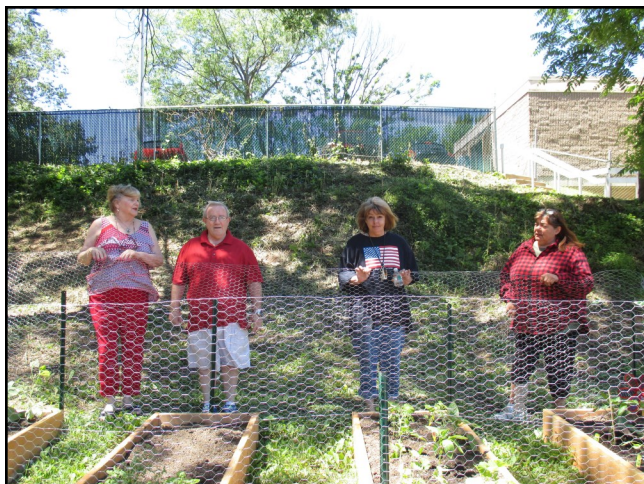
"Because I fit in the chairs." She got the job.

Two Year Old

My two-year-old cousin scared us one summer by disappearing during our lakeside vacation. More than a dozen relatives searched the forest and shoreline, and everyone was relieved when we found Alex playing calmly in the woods.

"Listen to me, Alex," his mother said sharply. "From now on when you want to go someplace, you tell Mommy first, okay?" Alex thought about that for a moment and said, "Okay. Disney World."



OUR BRAVE VICTORY GARDNERS!

Pictured left to right: Karin Jackson, Chuck Lacaillade, Michelle Valley and Joanne Rogers. (missing in Picture: Esther Way.
Sun or no sun, our Victory Gardeners have fun—its all in the spirit!

WE LIKE YOUR INITIATIVE!

Since she could not plant flowers in the back, Joanne Rogers made a beautiful bed of artificial cloth flowers to spread cheer and beauty We like your initiative, Joanne, it looks so pretty.



The SK Café in full swing! Won't you come down too and join the camaraderie every Monday, Wednesday and Friday?

GOOD NEWS....EXCITING HAPPENINGS!!

- Our BBQ Chef extraordinaire Chuck has very graciously agreed to be our Summer BBQ chef once again! So starting Sunday, July 10th, Chuck will be available to cook your food to order on the grill from 4:30—6 pm. Please make sure the meat or fish you bring is pre-thawed and seasoned.
- Thanks to your Board of Commissioners, residents have their own copy machine which will be available to them on Mondays, Wednesdays and Fridays from 10:30 am—2:00 pm when Bonnie is hosting the SK Café.
- The annual HPHA, Staff Hosted BBQ will be held on Monday, August 22nd starting at 12:30 pm. It will be held in the side parking lot at Samuel Kronman. All are welcome. Rain date is Tuesday August 23rd. Let's have fun!!!

"ABCs OF JULY" WORDSEARCH COMPILED AND SUBMITTED BY CHRISTINA SMOLDER, WHA

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

APPLE, BBQ, CLAM, DAIQUIRI, EROS, FUN, GRILL,
HULA, ICE, JAMBOREE, KABOBS, LEO, MUSIC, NEBULA,
OCEAN, POMEGRANATE, QUINCE, RABBIT, SUNSHINE,
TANNED, UKE, VIRUS, WAVE, XANTHIA, YACHT, ZIKA.

PHOTO GALLERY FLAG DAY HOT DOG COOKOUT



A packed house at the Senior Center to say a fond goodbye to Selma Goldblatt.



THE AMERICAN FLAG IS FOLDED 13 TIMES

Have you ever wondered why the Flag of the United States of America is folded 13 times when it is lowered or when it is folded and handed to the widow or widower at the burial of a Veteran?

Here is the meaning of each of those folds and what it means to you:

- The first fold of our flag is a symbol of life.*
- The 2nd fold is a symbol of our belief in eternal life.*
- The third fold is made in honor and remembrance of all the Veterans departing our ranks who gave a portion of their lives for the defense of our country for peace throughout the world.*
- The fourth fold represents our weaker nature, for as American citizens trusting in God, it is to Him we turn in times of peace as well as in times of war for His divine guidance.*
- The fifth fold is a tribute to our country, for in the words of Stephen Decatur, "Our Country, in dealing with other countries may she always be right; but it is still our country, right or wrong."*
- The 6th fold is for where our hearts lie. It is with our hearts that we pledge allegiance to the flag.*
- The seventh fold is a tribute to our Armed Forces, for it is through the Armed Forces that we protect our country and our flag against all her enemies.*
- The eighth fold is a tribute to the one who entered into the valley of the shadow of death, that we might see the light of day.*
- The ninth fold is a tribute to womanhood, for it has been through her faith, her love, loyalty and devotion that the character of men and women have been molded.*
- The tenth fold is a tribute to the father, for he too, has given his sons and daughters for the defense of our country.*
- The eleventh fold, in the eyes of a Hebrew citizen represents the lower portion of the seal of King David and King Solomon, and glorifies in their eyes, the God of Abraham, Isaac, and Jacob.*
- The twelfth fold, in the eyes of a Christian citizen, represents an emblem of eternity and glorifies, in their eyes, God the Father, the Son and Holy Spirit.*

When the flag is completely folded, the stars are uppermost reminding us of our nation's motto, "in God We Trust."

After the flag is completely folded and tucked in, it takes on the appearance of a cocked hat, ever reminding us of the soldiers who served under General George Washington, and the sailors and marines who served under Captain John Paul Jones, who were followed by their comrades and shipmates in the Armed Forces of the United States. Preserving for us the rights, privileges and freedoms we enjoy today.

The next time you see a flag ceremony honoring someone that has served our country, keep in mind all the important reasons behind each and every movement and fold. They have paid the ultimate sacrifice for all of us by honoring our flag and our country.



Who Needs Patience When you've Got a Cell Phone?!

Thank God I don't live in my Granny's day where there weren't any cell phones on which to play,

I can't imagine just what I'd do with those minutes of waste that I'd accrue!

For now there isn't a moment to spare, I can text while I put on my underwear!

From the moment I wake 'till the moment I sleep, I won't have to be bored- I can Chat, Post and Tweet!

I can Skype on the road while I am driving to work, or get on You Tube to watch Miley twerk.

On lunch break I'll sort through my email's spam, and post pics on what I ate on instagram!

Sitting on the toilet's no longer a bore, I've got candy crush Saga, Farmville and More!

So productive am I that it makes my head spin, but at least I don't have to wait idly for din (*dinner*)!

My partner and I Facebook in our seats, while we wait for the waitress to bring us our treats.

The couple in the next booth is doing the same, so I assure you, we are perfectly sane.

And then while we eat we check our phones, in response to the growing number of notification tones!

But alas, it appears that my battery's draining, only 7.7 percent is remaining.

Just one last selfie before it quits, I wonder how many "likes" it will get?!

As I plug my phone in, I think of poor granny, who lived in a time before cell phones were any.

At work, or at home, or out on a date—I'm so glad I don't have to be bored while I wait!

And with that thought, I turn down the sheets, put on my jammies and de-sock my feet.

As I and my partner snuggle in bed, visions of Pinterest things dance in my head.

If only my cell phone wasn't dead....

The End.

-Rebekah Ann Stephenson

Sincerely, Donna Brightman

