

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



July 2017

THE HIGHLANDER

Hello July! The middle of the year! Enjoy these lazy, hazy days of Summer!

The indoor garage sale organized by the Resident Council was a great success. Many people rallied to help and make it a success but special mention should be made of Joanne and Chuck. Please collect more items you can donate for the next sale due in September!

The Victory Garden is bigger and better this year with a total of 7 gardeners! You got an earlier start this year and you are already reaping your harvest!

A huge thank you to Joanne and Chuck who again this year are maintaining the gardens in the front. Please take a moment to admire their special effort and the hours they devote to bring beauty into your life. Please acknowledge their efforts with a simple thank you!

The staff hopes to host a giant cookout for all of our residents at Samuel Kronman and Park Terrace, this is largely due to Kettly and her Bridges Grant! Hope to see this work, please stay tuned for further details. We want you all to attend this event!

RUNI SRIWARDENA

THE BEAUTY OF INDEPENDENCE!

July is especially when we think and feel proud and grateful for our independence as a nation, for the freedoms, rights and privileges we have. So let's take it a little further and think about how valuable and precious our personal independence is.....

The ability to be independent is something that not everyone possesses. You need to be independent in order to survive in the world. Learning to support yourself is fundamental for any success you ever hope to achieve.

At the end of the day, you only have yourself to fall back on, so it is exceedingly important to be able to handle things on your own. It is all about being secure with who you are and what you believe in. It is extremely empowering knowing that you are in control of your own life and the choices you make. It is much more beneficial to listen to the voice inside yourself rather than the berating opinions of others.

"Your life is limited, so don't waste it living someone else's life. Don't be trapped by dogma, which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your own inner voice. Most importantly, have the courage to follow your heart and intuition."

We rely on others far more than it is necessary. People put their happiness in the hands of a significant other, thinking this will bring them fulfillment. This is a serious error too many people make these days.

For some reason, people think it is strange to go see a movie alone. You can't talk to the person you go with anyway during the movie, so why not go by yourself? There are so many activities that can become more enjoyable by taking part in them alone. Wandering around the city or town you live in can clear your mind of all the clutter it has been carrying around. People are unable to be independent for a variety of reasons, with fear at the forefront: the fear of being alone, the fear of rejection and the fear of the future. Developing into an autonomous and independent person can be one of the most worthwhile outcomes we can strive for ourselves.

- The Edge

RENT

Rent is due on the 1st.



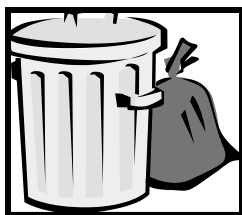
If you are using the rent box, your check must be in the box before 4 PM on **July 7th**.

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 order.

ATTENTION
ALL RESIDENTS!
**THE NEXT BULK
PICK-UP IN
HIGHLAND PARK IS
ON AUGUST 9TH.**



JULY IN HISTORY

- ♦ 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, 1788—Congress announced the United States Constitution had been ratified by the required nine states.
- ♦ July 2, 1964—President Lyndon B. Johnson signed the Civil Rights Act of 1964.
- ♦ July 4, 1776—The Declaration of Independence was approved by the Continental Congress.
- ♦ July 10, 1991—Boris Yeltsin took the oath of office, becoming the first popularly elected president in Russia's thousand-year history.
- ♦ July 16, 1945—The experimental atomic bomb "Fat Boy" was set off at 5:30 am in the desert of New Mexico, creating a mushroom cloud rising 41,000 ft. The bomb emitted heat three times the temperature of the interior of the sun.
- ♦ July 16, 1999—A small plane piloted by John F. Kennedy took off at 8:38 pm from Fairfield, New Jersey, heading towards Martha's Vineyard, Massachusetts. The plane disappeared off radar at 9:40 pm.
- ♦ July 19-20, 1848—A Women's Rights Convention was held at Seneca Falls, New York. Topics discussed included voting rights, property rights and divorce. The convention marked the beginning of an organized women's rights movement in the U.S.
- ♦ July 20, 1969—A global audience as Apollo 11 astronaut Neil Armstrong took his first step on the moon. As he stepped onto the moon's surface, he proclaimed, "That's one small step for man, one giant leap for mankind".
- ♦ July 22, 1934—Bank robber John Dillinger (1902-1934) was shot and killed by FBI agents as he left Chicago's Biograph Movie Theater.
- ♦ July 25, 1956—The Italian luxury liner Andrea Doria sank after colliding with the Swedish liner Stockholm on its way to New York. Nearby ships came to the rescue, saving 1634 people.
- ♦ July 30, 1975—Former Teamsters Union leader James Hoffa was last seen outside a restaurant near Detroit, Michigan.

-Submitted by: Bonnie Bonnano, 2-F

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

WELLNESS TIPS

What to Drink to Stay Hydrated

Water is the best way to hydrate your body! Bring a bottle of water with you wherever you go. You can even spruce it up by flavoring it with fruit or mint!

If you're engaging in physical activity, sports drinks like Gatorade or Powerade are packed with the electrolytes your body needs to recover.

Eating fruits like watermelon, grapefruit and grapes, among others, will also keep you hydrated.



What NOT to Drink to Stay Hydrated

Avoid sugary drinks like soda and limit caffeine. Caffeinated drinks such as coffee, iced tea and colas act as diuretics, which will pull extra fluid from your body.

Drinking alcoholic beverages will make you dehydrated and cause you to urinate more fluid than consumed.



Activities Calendar

Coffee Klatch – Tuesday, July 11th, 2017 @ 10:00 AM

MARK YOUR CALENDAR

- ♦ Monday, July 3rd—Resident Council Cupcake Sale 12—3:00 pm
- ♦ Tuesday, July 4th—Independence Day, office closed.
- ♦ Thursday, July 6th—HUD REAC Inspection 9 am—5:00 pm
- ♦ July 25/26th HUD Audit
- ♦ July 26th—Resident Council Meeting at 4:00 pm

HELLO AND GOODBYE.....

- We say goodbye to Susan Celi of 614 Benner Street who moved in with her parents and Samuel Kamara of 206 South 7th who moved in with a friend. We wish you both all the best of luck.
- Ernestine Bailey transferred from Samuel Kronman unit 3-N to Park Terrace, 206 South 7th to be closer to her daughter Melissa and grandchildren. Have fun with the family!
- We are sad to say goodbye to longtime resident Warren Thompson who has been transferred to a nursing home. Warren was very active in Highland Park and even served as a HP Councilman. We will miss you a lot, Warren. Be well and happy.

RESIDENT NEWS

- ♦ Our condolences to Karin Jackson on the loss of her beloved cat, Laura. We know how sad you are and how much you must miss Laura. She was a sweet and loving cat. We wish you strength.
- ♦ We are happy to have Marsha Snyder, Bobby Gates and John McNulty back from the hospital. Please take care of yourselves.



WANDA ZELENSKI ALL DRESSED UP FOR SENIOR PROM! DOESN'T SHE LOOK LOVELY?



GOOD 'OLE 4TH OF JULY, PATRIOTIC DINNER ORGANIZED BY MAGGIE FOR GOOD FRIENDS, PAT, DEE, KARIN, INABELLE, NANCY & GUEST.

CHEF'S CORNER**Meatball Sub Bubble-Up Bake**

Turn a traditional meatball sub into a quick and easy, one-pan dinner the whole family will love!

1 can (16.3 oz) Pillsbury Grands, Homestyle refrigerated original biscuits
 1 bag (16 oz) frozen cooked Italian meatballs
 3 green bell peppers, diced, sautéed
 2 cups marinara sauce
 8 oz cup shredded cheese and fresh basil, if desired

Heat oven to 350 degrees

Separate dough into 8 biscuits. Cut each biscuit into 6 pieces; place in a large bowl. Add meatballs, sautéed bell pepper and marinara sauce; stir until well coated.

Pour into ungreased 13X9 inch (3-quart) glass baking dish. Sprinkle Italian cheese blend evenly over top.

Bake 35 minutes or until biscuit pieces are puffed and cheese is melted and golden brown.

Before serving, sprinkle with parmesan cheese and if desired, chopped fresh basil.

**Special Days of July**

16th National Ice Cream Day

19th National Hot Dog Day

Quotable Quotes

No other date on the calendar more potently symbolizes all that our nation stands for than the Fourth of July.

—Mac Thornberry

Being defeated is often a temporary condition. Giving up is what makes it permanent.

—Marilyn Vos Savant

July is National Parks, Picnic, Ultra Violet Safety, Blueberry, Hot Dog and Ice Cream month.

How much did it cost- 1 Dozen Oranges

1920 .63 cts

1950: .50 cts

1970: .86 cts

2015: \$1.19

Full Moon: July 9

Known as the Buck Moon

SMILE AWHILE..... 4th of July style!

- How is a healthy person like the United States?
They both gave good constitutions!
- What dance was very popular in 1776?
Indepen-dance!
- Teacher: "Where was the Declaration of Independence signed?"
Student: "On the bottom!"
- Who was the biggest jokester in George Washington's army?
Laughayette!
- "Well," snarled the tough old General Cornwallis to the bewildered soldier. "I suppose after you get discharged from the army, you'll be waiting for me to die so you can spit on my grave." "Not me, General" the soldier replied. "Once I get out of the army, I'm never going to stand in line again!"

MEET THE RESIDENTS.....



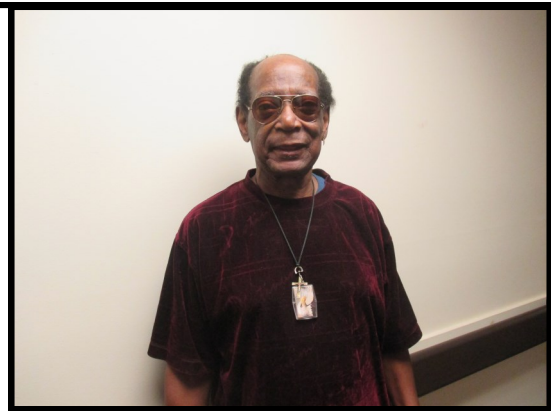
WILLIE FRANQUI
SAMUEL KRONMAN, APT. 6-S

Hi, my name is Willie Franqui. I was born in Queens, Long Island City, NY on October 4th, 1960. I have one sister, Merle who lives in East Brunswick. I only had partial eyesight when I was young but I managed to graduate from the NY Institute for the Education for the Blind. I then worked at the Manufacturer's Hanover Trust Bank On Wall Street, NY for 6 years as a metering clerk.

I moved to New Jersey in 1988 and lived on South 1st Avenue in Highland Park. I got a job at a warehouse in Edison assembling boxes for the shipment of shoes and handbags.

I sadly lost my sight in 2007. I did seasonal work at Bath & Bodyworks at the Menlo Park Mall. I also volunteer in different places including the senior center next door where I answer the phones and at the Reformed Church of Highland Park where I play the drums for their services.

I moved to Samuel Kronman in February 2011. I have made friends here and like living in Highland Park which is a safe and quiet town. I enjoy listening to all kinds of music. I also like to swim and take walks.



ALBERT WEEKS
SAMUEL KRONMAN, APT. 1-F

Hi, my name is Albert Weeks. I was born in Bronx, NY on March 2nd, 1940. I was the middle child of 9 siblings, of whom I have just 3 siblings left. My dad was a chef at Penn Station. Attended Samuel Gompers High School in the Bronx. After I graduated, I attended NYU for one year and then was inducted into the Army where I served in Japan and Taiwan. After I completed my service, I joined the Air Force for a further 3 years.

I met and married my wife, Juanita and we had one daughter, Velvet who lives in Philadelphia. Sadly Juanita died of cancer. I worked as a bus driver for Academy Bus Company and toured all over the United States. I then worked as a supervisor for Explorer, a security firm and went back to work for Academy Bus Co.. Later, I had another daughter Sateema who lives in South Amboy. I have a total of 4 grandchildren.

I enjoy dabbling in electronics and listening to Contemporary music and jazz.

I moved into Samuel Kronman in December 2016. It is a quiet and relaxing neighborhood.

CAN YOU PLEASE PAY HEED TO THE SIGNS?



These signs and markings at the front of Samuel Kronman clearly indicate that vehicles **must not** block the crosswalk for pedestrians. You must instruct your family, visitors and pick up drivers to observe the signs and **never block the crosswalk**. It is dangerous and Inconsiderate to say the least!

PEST CONTROL INSPECTION

ALL UNITS AT SAMUEL KRONMAN WILL HAVE A PEST INSPECTION DURING THE WEEK OF JULY 24TH TO JULY 28TH. YOU DO NOT NEED TO BE HOME.

SUMMER FLEX HOURS

Please note the Summer flex hours for the office staff starting Monday July 3rd and ending Friday, September 1st.

Mondays	8:00 AM—5:30 PM
Tuesdays	8:00 am—6:00 pm
Wednesdays	8:00 am—5:30 pm
Thursdays	8:00 am—4:00 pm
Fridays	Closed



The maintenance staff will be working regular hours during this time which are 8:00—4:30 pm Monday to Friday.

GOOD NEWS!!!

Our expert Summer BBQ Chef Chuck is ready and willing to cook on the grill for you every other Sunday beginning July 16th from 4:00—6:00 pm. Bring your thawed and seasoned meat or fish down for Chuck to cook for you!

PHOTO GALLERY — SAMUEL KRONMAN YARD SALE!



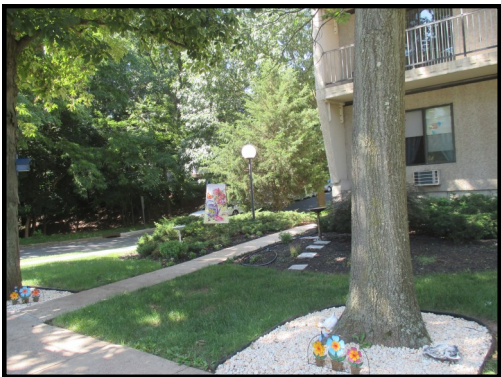
RESIDENT COUNCIL PASTA LUNCH-



**SK CAFÉ GROUP MAKING CUTE
INSECT MAGNETS FOR THEIR
REFRIGERATORS!!**



**2017 VICTORY GARDNERS:
KARIN JACKSON, RAYMOND JONES,
MAGGIE FERBER, ESTHER WAY,
HOPE ROHAN, JOANNE ROGERS
AND RONGHUA XU.
GOOD JOB!!**



**JOANNE'S GARDEN
ON YOUR LEFT

CHUCK'S GARDEN ON
YOUR RIGHT**



FRIENDSHIP QUOTES

Good friends help you find important things when you have lost them,
Your smile, your hope, and your courage—Doe Zantamata

However rare true love may be, it is less so than true friendship—Albert Einstein

Friends are those rare people who ask how we are and wait to hear the answer
-Ed Cunningham

Silence makes the real conversation between friends. Not the saying, but the never needing to say that counts.—Margaret Runbeck

It is one of the blessings of old friends that you can afford to be stupid with them.
-Ralph Waldo Emerson

The glory of friendship is not the outstretched hand, not the kindly smile, nor the joy of companionship: it is the spiritual inspiration that comes to one another when you discover that someone else believes in you and is willing to trust you with a friendship.
- Ralph Waldo Emerson

Remember: No one's more important than people! In other words, friendship is the most important thing—not career or housework, or one's fatigue—and it needs to be tended and nurtured.—Julia Child

What is a friend? I will tell you...it is someone with whom you dare to be yourself.
-Frank Crane

Love is blind: friendship closes its eyes.—Friedrich Nietzsche

Life is hard as it is. Too many rough roads to travel. Too many chains to untangle. But no matter how cruel the world may be, life becomes less hard when you've got a good friend.—
-Unknown

-No matter who broke your heart or how long it takes to heal, you will never get through it without your friends.—Unknown

DONNA BRIGHTMAN

