

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



October 2017

# THE HIGHLANDER

Do you feel the nip in the air? For all you Summer haters, here is your weather! Time to take your warm sweaters out, pack up your shorts and watch the leaves fall! Fall is a radiant season, at least at the beginning! Try to take a drive up north or west to see the magnificent colors of the leaves. It is always a sight to behold.

Hope you have, or will soon get your flu shots. If you missed the opportunity to get one right here at Samuel Kronman, please ask your doctor. It is so very advisable to get a flu and or pneumonia shot. Also, October is Breast Cancer Awareness month. Be healthy and get checked out.

On a personal note, I had a lovely reunion with my sister. We travelled to Florida together and had an "adult Disney experience". I have to admit, I may have outgrown the magic kingdom (!) although the magic really does bring the kid in you out, no matter how old you get! Epcot Center was still thrilling and entertaining! It was sad to see my sister leave back for Sri Lanka, but life must go on. Thank goodness for Skype, Facebook and all the ways we can instantly communicate 12,000 miles apart!

**RUNI SRIWARDENA**

### *All the Great Pumpkins!*



October has arrived, and you know what that means; it's time for everything pumpkin! Pumpkin pie, pumpkin spice lattes, pumpkin muffins, pumpkin cereal, pumpkin flavored cheese. Pumpkins on your door steps to greet eager trick or treaters at Halloween. As soon as the Fall begins anything and everything you can name has probably been made pumpkin flavored or pumpkin themed. In honor of this special time, I thought I would use this issue of the Highlander to provide us all with a history of our favorite fruit. (Yes, it's a fruit!)

According to History.com, as a member of the gourd family, the pumpkin—along with cucumbers, cantaloupes, zucchini, and watermelon—is native to Central America. It is now grown in six countries and is used in many desserts, pies, and breads, and is also a traditional mainstay of a favorite Halloween activity: carving jack o' lanterns! Speaking of jack o' lanterns, did you know that that activity originated in Ireland? Before we Americans adapted it to include the pumpkin, our Irish brothers and sisters, would carve faces into turnips and potatoes!

I also have some good news for my fellow pumpkin pie eaters—pumpkins are high in vitamins A and B as well as potassium, protein, and iron. These necessary nutrients help us maintain healthy and strong bodies, so don't feel guilty about taking that second slice; it's good for you! Furthermore, eating just one serving of pumpkin seeds can help protect the body from heart disease, ease arthritis, and lessen anxiety.

So, do yourself a favor and stock up on pumpkins this year. If you choose to grow your own, make sure to plant your seeds between May and June and give them between 90 and 120 days to ripen. Once they do, you can share them around spreading wealth, health, and love.

**-Allison Baldwin, 1-B**

## 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 **October 7th**.

**After 4 PM it is late—No exceptions!**

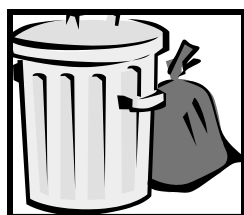
\*\*\* **Important**\*\*\*

- ♦ 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 DECEMBER 13TH**



## THIS MONTH IN HISTORY

October 1, 1908—Henry Ford's Model T went on sale for the first time.

October 3, 1974—Frank Robinson was hired by the Cleveland Indians as baseball's first African American major league manager.

October 6, 1927—The first "talkie" opened in New York, The Jazz Singer.

October 8, 1871—The Great Fire of Chicago erupted. Over 300 persons were killed and 90,000 were left homeless as the fire leveled 3.5 square miles, destroying 17,450 buildings.

October 13, 1775—The United States Navy was born.

October 14, 1964—Civil Rights leader Martin Luther King Jr., became the youngest recipient of the Nobel Peace Prize. He donated the \$54,000 in prize money to the Civil Rights Movement.

October 16, 1859—Fanatical abolitionist John Brown seized the Federal Arsenal at Harpers Ferry with about 20 followers.

October 20, 1968—Jacqueline Kennedy married multi-millionaire Greek businessman Aristotle Onassis.

October 21, 1879—Thomas Edison successfully tested an electric incandescent lamp with a carbonized filament at his laboratory in Menlo Park, New Jersey, keeping it lit for over 13 hours.

October 26, 1881—The shoot-out at the O.K. Corral in Tombstone, Arizona occurred.

October 24, 1945—The United Nations was founded.

October 26, 1825—The Erie Canal opened as the first major man-made waterway in America, linking Lake Erie with the Hudson River.

October 27, 1904—The New York City subway began operating, running from City Hall to West 145th Street.

October 28, 1886—The Statue of Liberty was dedicated on Bedloe's Island in New York Harbor.

October 29, 1929—The Stock Market crashed as over 16 million shares were dumped amid tumbling prices. The Great Depression followed in America, lasting until the outbreak of World War II.

October 30, 1938—The War of the Worlds radio broadcast panicked millions of Americans.

October 31, 1941—Mount Rushmore National Memorial was completed after 14 years of work.

**Submitted by Bonnie Bonanno, 2-F**

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

**Breathe Healthy  
Avoid Lung Damage**



Avoid Smoking and 2<sup>nd</sup> Hand Smoke



Avoid scented cleaning products that can damage the lungs



Fill your house with plants to purify the air



Exercise to keep your lungs healthy



Use a vacuum with a HEPA Filter to eliminate allergens

Make sure you have a Radon (Rn) Detector. Radon is the 2<sup>nd</sup> leading cause of lung cancer

**Activity Calendar**

Coffee Klatch – Tuesday, October 17<sup>th</sup>, 2017 @ 10:30 AM

Eye Screening - TBA

## MARK YOUR CALENDAR

- ♦ Friday, October 6th—Sub Sandwich luncheon / Resident Council 12 noon
- ♦ Tuesday, October 17th—Coffee klatch hosted by Kettly at 10:30 am
- ♦ Wednesday, October 25th—Resident Council Meeting 4:00 pm
- ♦ Tuesday, October 31st—Annual Halloween Parade & Prizes 11:30 AM
- ♦ Eye Screening—TBA
- ♦ Mondays/Wednesdays/Fridays—SK Café with Bonnie at 10:30 AM

## RESIDENT NEWS

- Congratulations to Joy Negron & Georgette Greene on their new jobs. Lots of luck to you both!
- Please continue to keep Bobby Gates and Martha LeRoy in your prayers. They are both still in re-hab.
- Did you know that Diana Donohue (5-A) is the BEST cheese cake maker? What a treat it was!

*“Little Miss Muffet sat on a tuffet  
‘tinking and ‘tinking away.  
Trying and trying how in the world  
To have a happy day!*



-Compiled and submitted by **Wanda Zelenski, 3-J**

## GOING ABOVE AND BEYOND.....



Resident Michelle Valle (2-M) took her own initiative to scrub and clean the gazebo. She would like her friends and neighbors to know that it is everyone's responsibility to use the gazebo kindly. Please clean up after yourselves!

Thanks Michelle, we love your initiative.

**CHEF'S CORNER****SLOW COOKED BEEF STEW****A FAMILY FAVORITE**

( Serves 6)

1 1/2 lb. beef stew meat, cut into 3/4" cubes

5 tbs all purpose flour, divided

1 lb. small ( 2 1/2-3 inch) red potatoes,  
quartered

1 1/2 cups frozen pearl onions (16 oz. pkg)

1 bag (1 lb.) ready to eat baby carrots

1 jar ( 12 oz.) beef gravy

1 can (14.5 oz. diced tomatoes, undrained

On wax paper, sprinkle beef with 2 tbs flour, 1 tsp salt and 1/2 tsp pepper; toss to coat. In 10 inch skillet, heat about 1 tbs oil over medium-high heat. Add coated beef; cook and stir 4 to 6 minutes or until browned, stirring occasionally.

In 4 to 6 quart slow cooker, layer potatoes, onions and carrots. Add browned beef; sprinkle with any remaining flour mixture. Top with gravy and tomatoes.

Cover; cook on low heat setting 8 to 10 hours. Before serving, in small bowl, blend 3 remaining tablespoons flour with 1/4 cup cold water. Stir into stew. Increase heat setting to high; cover and cook 10 minutes longer or until thickened.

**Special Days of October**

5th—First Day of Sukkot

11th—Last Day of Sukkot

12th Columbus Day observed

31st—Halloween

**Quotable Quotes**

"There is something incredibly nostalgic and significant about the annual cascade of Autumn leaves."

-Joe L. Wheeler

"Designers want me to dress like Spring, I don't feel like Spring. I feel like a warm red Autumn."

-Marilyn Monroe

National Month of: Country Music, Family History, Computer Learning, Breast Cancer Awareness, National Stamp Collecting, National Depression Education and Awareness.

**How Much Did it Cost?**

1 pound of butter

In 1890 .25 cts.

In 1910 .36 cts.

In 1930 .46 cts.

In 1960 .75 cts.

In 2011 3.67

Full Moon: October 5th

Known as the Hunter's Moon

**SMILE AWHILE..... Halloween style!**

- ♣ I threw a boomerang at a ghost the other day. I knew it would come back to haunt me.
- ♣ I'm not saying my wife is ugly....but on Halloween she went to tell the neighbors to turn their TV down and they gave her some candy.
- ♣ I just popped over to my grandma's and you've got to hand it to her. At 96, she had all the Halloween decorations up, cobwebs and insects in the windows and a skeleton on the couch. She always makes a big effort, but there was no answer when I rang the bell....I'll pop back next year again.
- ♣ I got so fed up with trick or treaters at Halloween that in the end I turned the lights out and pretended I wasn't in. Forget the ships. My lighthouse, my rules.....

**MEET THE RESIDENTS.....****GEORGETTE GREENE  
PARK TERRACE, 214 SO. 7TH**

Hi, my name is Georgette Greene. I was born on July 14th, 1968 in New Brunswick, NJ. I am the baby of 14 siblings! My father worked for Bristol Myers Squibb and my mother worked as a school lunch aide.

I graduated from New Brunswick High school, the Class of 1986. My first job was as a line operator at Sunshine Biscuits in Sayreville. I then attended Middlesex County College where I took Computer Applications for Business. I was employed by the college to work in their admissions office. I furthered my education at Star Technical Institute for Medical Receptionist and was employed at a doctor's office.

I have two children, a son Naquan, who lives in Woodbridge and works as a warehouse supervisor in Perth Amboy. My daughter Quanisha is 23 years old and lives with me at Park Terrace. Quanisha is a fulltime student, studying Fashion Merchandising.

I love sports and I also love to dance and sing. Quanisha and I moved into Park Terrace in August 2015. I like the town of Highland Park which is safe and quiet. I also like my neighbors.

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**A Call for Resident Interviews: Please Participate!**

Hello Everyone! As mentioned in one of the earlier newsletters, I have agreed to help Runi with the regularly published resident interviews. As of recent months, I've had some trouble getting people to participate. While I understand that not everyone wishes to be interviewed—and would never force anyone to do so—I hope that you will consider allowing me to interview you. These interviews serve as a way for all of us in the building to get to know each other, and also help us keep our community thriving. I will continue to reach out for future newsletters, however if you are interested, and would rather reach out to me, please stop by my apartment 1B or leave a note outside my door. I will be sure to get back to you!

Thanks again! I look forward to talking with you all!

**Allison Baldwin, 1-B**





New smoking benches have been placed in both the upper and lower courtyards at Park Terrace. Please use these benches to smoke . Non-smokers, please make sure that you allow smokers first choice to use these benches!

### FALL HARVEST WORD PUZZLE

Submitted by Christina Smolder, WHA

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

APPLES, BASIL, BROCCOLI, BRUSSELS, CABBAGE, CAULIFLOWER, CHARD, CHIVES, CILANTRO, COLLARD GREEN, GARLIC, KALE, LEEKS, MINT, ONION, PEAS, RADISH, SAGE, SPINACH, TURNIPS.

## PHOTO GALLERY

**NATASHA WYDOBOREK VOLUNTEERING  
HER TIME TO WEED THE GARDEN**



**HAPPY BIRTHDAY INABELLE!**



**OUCH.....IT HURTS BUT WE ARE BRAVE! RAYMOND ROHAN, KOWSILIA  
MANNIAPEN AND AL STOKES BRAVELY TAKING THEIR FLU SHOTS!**







**CALLING ALL WITCHES...WIZARDS....GOBLINS...GHOSTS...FAIRIES  
AT SAMUEL KRONMAN AND PARK TERRACE!!**

Please join our annual Halloween costume parade on Halloween Day, Tuesday, October 31st at 11:30 am. Please come dressed in costume. We will meet in the community room at Samuel Kronman. We will then bang pots and pans and parade on South 6th Avenue. Next, we will go to the Senior Center where Kim and the gang will judge the best costumes. The categories will be funniest, scariest, most creative and most authentic! Refreshments will be served.

This is good fun so please join us for the big hilarious parade! See you on the 31st!

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**Here is the most popular poem in the USA to help teach the  
history of Columbus.**

**IN 1492**

In fourteen hundred ninety-two Columbus sailed the ocean blue.  
He had three ships and left from Spain; He sailed through sunshine, wind and rain.  
He sailed by night; he sailed by day; He used the stars to find his way.  
A compass also helped him know how to find the way to go.  
Ninety sailors were on board; some men worked while others snored.  
Then the workers went to sleep; and others watched the ocean deep.  
Day after day they looked for land; they dreamed of trees and rocks and sand.  
October 12 their dream came true, you never saw a happier crew!  
"Indians! Indians!" Columbus cried; His heart was filled with joyful pride.  
But "India" the land was not; it was the Bahamas, and it was hot.  
The Arakawa natives were very nice; they gave the sailors food and spice.  
Columbus sailed on to find some gold, to bring back home, as he'd been told.  
He made the trip again and again, trading gold to bring to Spain.  
The first American? No, not quite, but Columbus was brave, and he was bright.



**Quotations for Cancer Patients, Survivors, and Loved Ones**

- ♦ Cancer is a word, not a sentence. - Author Unknown
- ♦ My cancer scare changed my life. I'm grateful for every new, healthy day I have. It has helped me prioritize my life. - Olivia Newton John
- ♦ The most important thing in illness is never to lose heart - Nikolai Lenin
- ♦ Feed your faith and your fears will starve to death. - Author Unknown
- ♦ Cancer is a journey, but you walk the road alone. There are many places to stop along the way and get nourishment- You just have to be willing to take it. - Emily Hollenberg
- ♦ Attitude is a little thing that makes a big difference. - Winston Churchill
- ♦ Some days there won't be a song in your heart. Sing anyway. - Emory Austin
- ♦ The human spirit is stronger than anything that can happen to it. - C.C. Scott
- ♦ I don't think of all the misery but of the beauty that still remains. - Anne Frank
- ♦ Never, never, never give up. - Winston Churchill
- ♦ We acquire the strength we have overcome. - Ralph W. Emerson
- ♦ Hope never abandons you, you abandon it. - George Weinberg
- ♦ Turn your face to the sun and the shadows fall behind you. - Maori Proverb

Sincerely,

**Donna Brightman**

