

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



March 2018

# THE HIGHLANDER

### DAYLIGHT SAVING TIME.....

True to form, March came in like a lion, with mighty winds and snow and rain but will hopefully transform into a gentle lamb as it exits and allows us to glide into a beautiful Spring!

The Winter BBQ was a great success with trays of burgers and hot dogs turned out on the grill by Bonnie. It proves that anytime is BBQ time!

Samuel Kronman rocked as a large group of musicians had a Blue Grass Jam right here in the community room. Toes were a-tapping and a few could not resist getting up and dancing! It was a rare treat to hear that type of music played by so many gifted musicians.

Daylight Savings time is on March 11th, certainly a sign of Spring and brighter days. Time to get up and walk, focus on your health and fitness. Highland Park is a safe and wonderful place to walk, so make use of it.

Please attend our 1st quarter tenant meeting scheduled for March 14th at 2:30 pm. We discuss many important issues, rules and regulations and we invite your suggestions and input. You must make a better effort to attend these meetings held just 4 times per year.

**RUNI SRIWARDENA**

We all know and expect Daylight Savings Time kicks off in March every year....yeah, yeah, we lose an hour's sleep but it's a fact! So let's take a few minutes to learn about how all this happened.

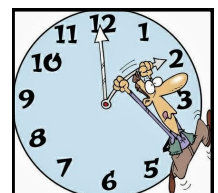
Today, about 40% of countries worldwide, use daylight savings time to save and conserve energy. Although Germany and Austria were the first countries to use DST in 1916, it was actually Canada that beat the Germans by 8 years! The residents of Port Arthur, Ontario (known as Thunder Bay today), turned their clocks forward by one hour on July 1, 1908 to start the world's first ever DST period!

Other parts of Canada soon followed. However, the idea did not catch on worldwide until Germany implemented DST in 1916. The main purpose was to reduce the use of artificial lighting to save fuel for the World War I effort.

The credit for the idea of DST goes to New Zealand scientist George Vernon Hudson and British builder William Willett.

Here in the USA, Benjamin Franklin is considered the Father of DST although he has no claim to inventing the idea or implementing it first.

Interestingly, studies show that DST has led to fewer road accidents and injuries due to the extended daylight hours.



## RENT

Rent is due on the 1st.



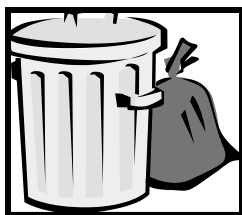
If you are using the rent box, your check must be in the box before 4 PM on March 7th.

**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 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 MARCH 14TH**



## THIS MONTH IN HISTORY

March 1, 1961—President John F. Kennedy established the Peace Corps, an organization sending young Americans volunteers to developing countries to assist with health care, education and other basic human needs.

March 3, 1913—A women's suffrage march in Washington D.C. was attacked by angry onlookers while police stood by.

March 4, 1681—King Charles II of England granted a huge tract of land in the New World to William Penn to settle an outstanding debt. The area later became Pennsylvania.

March 6, 1836—Fort Alamo fell to Mexican troops led by General Santa Anna.

March 9, 1864—Ulysses S. Grant was commissioned as a Lieutenant General and became commander of the Union Armies.

March 10, 1862—The first issue of U.S. government paper money occurred as \$5, \$10 and \$20 bills began circulation.

March 12, 1609—The island of Bermuda was colonized by the British after a ship on its way to Virginia was wrecked on the reefs.

March 14, 1879—Albert Einstein was born in Ulm, Germany.

March 17, 1776—Early in the American Revolutionary War, the British completed their evacuation of Boston following a successful siege conducted by Patriots. The event is still commemorated in Boston as Evacuation Day.

March 19, 1848—Wyatt Earp was born in Monmouth, Illinois.

March 23, 1775—Patrick Henry ignited the American Revolution with a speech before the Virginia convention in Richmond, stating, "I know not what course others may take; but as for me, give me liberty, or give me death!"

March 24, 1989—One of the largest oil spills in U. S. history occurred as the oil tanker Exxon Valdez ran aground in Prince William Sound off Alaska, resulting in 11 million gallons of oil leaking into the natural habitat over a stretch of 45 miles.

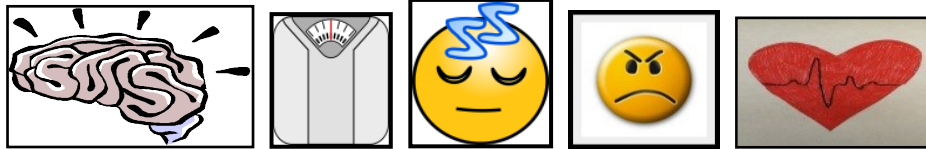
March 29, 1790—John Tyler, the 10th U.S. President was born in Charles City County, Virginia.

March 30, 1981—Newly elected President Ronald Reagan was shot in the chest while walking toward his limousine in Washington D.C.

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

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

### **5 Signs you're not getting enough sleep**



**Fatigue & Sleepiness:** Some of the obvious signs of sleep deprivation are excessive sleepiness, yawning, irritability and daytime fatigue.

**Trouble Concentrating:** Lack of sleep negatively impacts both short and long term memory, hindering your ability to remember new information. Additionally, your concentration, creativity and problem solving skills also aren't up to par.

**Irritability & Moodiness:** Sleep deprivation is proven to increase irritability. Not getting enough sleep can leave you short-tempered and emotional which can later lead to anxiety and depression.

**Risk of Heart Disease:** Lack of sleep can lead to a series of heart issues including high blood pressure and an increase in chemicals linked to inflammation which can lead to heart disease.

**Changes in Weight:** Sleep deprivation causes a chemical imbalance, causing our brains to have trouble regulating how much food we have consumed. This can lead to serious weight gain or weight loss.

Activity Calendar

PRAB – TBA

Eye screening - TBA

Please continue to schedule your appointment in the office.

Thank you

## MARK YOUR CALENDAR

- ♦ March 14th—Tenant Meeting at 2:30 PM
- ♦ March 14th—HPHA Commissioner Meeting 6:30 pm
- ♦ March 28th—Resident Council meeting 4:00 pm
- ♦ Thursdays—Yoga Class at 10 am
- ♦ Mondays/Wednesdays/Fridays—S.K Café at 10 am

## Welcome Aboard!

We welcome **Debbie Bradley** who moved into apartment 2-M. Debbie knows quite a few residents here already.

We welcome **Barbara Davis** who moved into apt. 2-B. Barbara is the daughter of former HPHA Commissioner Mary Barnes who served on the commission for over 30 years.

We also welcome **Angela Perone** who transferred from the AHEPA building right across the street. Angela is no stranger to Samuel Kronman, she has regularly attended our functions.

It is good to have you all aboard. Welcome and good luck.

## Resident News



Our very own chuck, Lacaille, 2-Q, adorns the walls of St. Peter's Hospital and is featured in their official photo catalogue. As usual, Chuck is his charming self, especially to the nurses!



Karin and Dee captured this picture of Inabelle Ciluffo, Bobby Gates and Dorothy Levy all in the same Re-hab Center in Somerset! How cozy! We miss you!

**CHEF'S CORNER****One Pot Spaghetti Carbonara**

4 slices bacon, chopped

1 large shallot, chopped (about 1/2 cup)

1 can Campbell's Condensed Cream of  
Chicken soup

3 1/2 cups Swanson chicken broth

3/4 cup grated Parmesan cheese

8 ounces uncooked spaghetti

1 cup frozen peas, thawed

Cook bacon and shallots in a 6-quart sauce pot over medium heat until bacon is browned, stirring occasionally.

Stir the soup, broth and 1/2 cup cheese in the saucepot and heat to boil. Stir in the spaghetti. Reduce the heat to medium-low and cook for 10 minutes or until the spaghetti is tender and the soup mixture is thickened, stirring occasionally. Stir in the peas and sprinkle with the remaining cheese just before serving.

**Special Days of March**

1st—Purim ends

11th—Daylight Savings

17th—St. Patrick's Day

20th—Spring Equinox

20th—International Earth Day

25th— Palm Sunday

30th—Passover begins

30th—Good Friday

**Quotable Quotes**

"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade." - Charles Dickens

"The drum to which we march reveals the conductor to whom we're listening." -Craig D. Lounsborough

There are 2 full moons this month: March 2nd is the Full Worm Moon and March 31st is the Blue Moon.

**SMILE AWHILE.....St. Patty's Day style!**

- ♣ What do you get when you cross poison ivy with a four-leaf clover?  
-A rash of good luck
- ♣ Why can't you borrow money from a leprechaun? - Because they are a little short
- ♣ What's Irish and stays out all night? - Paddy Furniture
- ♣ How can you tell if an Irishman is having a good time? - He's Dublin over laughter!
- ♣ What do you get when you cross a pillowcase with a stone? - A sham rock
- ♣ I went out drinking on St. Patrick's Day, so I took a bus home....That may not seem like a big deal to you, but I've never driven a bus before.



**MEET THE RESIDENTS.....****BARBARA DAVIS  
SAMUEL KRONMAN, APT. 2-B**

Hi, my name is Barbara Davis. I was born on August 2, 1951 in New Brunswick, NJ. I have one sister, Betty and 2 brothers, Jerome and Michael. My mother was a Registered Nurse and worked at Roosevelt Hospital which is now known as JFK Hospital.

I graduated from New Brunswick High School in 1970 and worked at Robert Wood Johnson University Hospital as a Food and Nutrition Clerk. At the age of 29 in 1980, my brother-in-law who was an Army recruiter, helped me enlist and I served in the U.S Army. I was based at Fort Dix, then at Fort Belvoir and finally at Fort Stewart in Georgia.

I have 2 children, a son, RayMonde who lives in Highland Park and a daughter, Danyelle who lives in Georgia. I have 11 grandchildren and 1 great grandson.

Aruba is my home away from home! I travel frequently to Florida, Las Vegas and Georgia to visit my family. I like to crochet and to sew. I love to shop!

My mother, Mary Barnes served as a Commissioner for the Highland Park Housing Authority for over 30 years. So I am particularly happy to have moved into Samuel Kronman. I know a few people here already but hope to get to know more of you.

## YOGA CLASSES



Thanks to the generosity of resident Ellen Rosner, we are happy to offer you Senior Yoga classes right here at Samuel Kronman. The first class was held on Thursday February 1st. The Yoga class end with a wonderful meditation session. Everybody is welcome. It is very relaxing. Please do consider joining these classes every Thursday at 10 am. They are right here in the community room, it cannot get more convenient! Park Terrace residents welcome!

## TENANT MEETING

We hope to see you all at our first Tenant Meeting in 2018 on Wednesday, March 14th at 2:30 PM. This is the opportunity for Management and the residents to come together, exchange ideas, air complaints and offer suggestions. This is a dialogue and a two-way street. Please be a part of it. We do hope you make a strong effort to attend.

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## NEW BEGINNINGS!

Can you believe it's already March? January and February went by so fast! There's so many wonderful things to look forward to in the month of March, though-the start of spring, daylight savings, St. Patrick's Day, Rita's Italian Ice opening for their 2018 season. March is a time for new beginnings, for rebirth, for starting all of those things you've been putting aside for the past few months. It's a time for meditating on what you truly want, and then taking action steps to make those wants a reality.

The truth is, we all have the ability to manifest our reality. We create it daily, with our actions and our thoughts. Whatever we think, whether positive or negative, has a way of coming back to us. Whatever we do, whether positive or negative, will be returned to us.

March is a month of new beginnings. This month I encourage all of us to examine our past, figure out what needs to end, and where we will begin again. What are some steps we can take, individually and as a community, to make our time together as memorable and peaceful as possible?

We're here right now. We'll never have this exact moment again. Let's make the most of it, forgive ourselves, and begin again.

After all, every ending is just a new beginning.

**-ALLISON BALDWIN, Apt. 1-B**

## PHOTO GALLERY

### WINTER BBQ HOSTED BY THE RESIDENT COUNCIL



**ARTI MANIAPPEN AND HER AIDE  
KIANNA PLAYING CARDS!**



**PAT ROTH ALL DRESSED UP AND  
LOOKING PRETTY FOR VALEN-  
TINE'S DAY**





## BLUE GRASS AT JAM AT SAMUEL KRONMAN!



## **A Resident's Story Of Success!**

A number of years ago, the Department of Housing and Urban Development (HUD) initiated the Earned Income Disregard policy (EID). The EID was incorporated into the public housing requirements as a mechanism to assist low-income families to attain self-sufficiency by allowing for 100% and 50% of an increase in their earnings to be disregarded when determining the family's income-based rent.

A family member qualifies for the EID once in their lifetime as they experienced a change in their earning capacity due to certain mitigating factors. The factors that will qualify an individual for the EID are as follows:

1. Annual income increases as a result of employment after being unemployed for one or more years.
2. Annual income increases as a result of participation in an economic self-sufficiency or other job training program.
3. Annual income increases as a result of new employment or increased earnings during or within six months after receiving assistance, benefits or services under any state program or temporary assistance for needy families funded under Part A of Title IV of the Social Security Act.

During the initial twelve months of the qualifying event, 100% of the increase in income is disregarded. Therefore, the family's rent, which was based on their income, remains the same as it was prior to the increased earning for the entire year. During the second twelve months, 50% of the increase over the original, base income is disregarded, still allowing the family to maintain a significant portion of their new earnings.

I would like to share the success stories of one of our families who took maximum advantage of this EID policy in conjunction with the public housing program which allowed for the family's rent to be adjusted commensurate with the family income.

Jennifer Ratiner moved into our public housing complex known as Woodbridge Garden Apartments in March 2008 along with her young son. When she moved in, Jennifer was working for Kensington Bus Company and she was attending Middlesex County College. Her rent at that time was based on her wages plus the small amount of child support she received.

In September 2009 Jennifer stopped working so that she could really concentrate on completing school. She was able to survive on the child support she received since the Housing Authority reduced her rent to coincide with the reduced amount of income.

After finishing school, Jennifer was able to secure a good job in the medical profession in August 2011. Upon securing this new job, Jennifer qualified for the EID and the Housing Authority disregarded 100% of her earnings and continued to charge rent as if Jennifer was still only collecting child support for twelve months. During the following twelve months, Jennifer's rent was calculated after disregarding 50% of her increased earnings.

Jennifer used this program to her utmost advantage by saving the money she would have paid out in rent, and continuing her education by attending seminars and classes to receive additional certifications thereby, increasing her earning power.

The Woodbridge Housing Authority is very happy to announce that Jennifer has moved out of public housing and has purchased a town home for her and her son. We congratulate her and wish her continued success!

**-DONNA BRIGHTMAN**