

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



December 2018

THE HIGHLANDER

HAPPY HOLIDAYS!

The 12th month and the 335th day of the year begins in December! Did you count and notice the months whizzing by? I must be fast getting older because it felt just like yesterday when I welcomed 2018 in! Anyway, December is a beautiful month, festive and cheerful, meaningful to one and all, no matter what religion or faith you practice. The lights and decorations cannot help but put a smile on your face. But alas, how I will miss going to Toys"R"Us for the long kid present list! It is so sad to think that most of the kids gifts will be bought online and that the kids are cheated of an opportunity to touch, feel and test their toys. We had our first taste of snow mid-November so keeping our fingers crossed that we will get a nice long break before the next storm! Again, we ask you for your cooperation so that we can clean the snow and keep you safe. Please be patient until the entranceways, driveways and walkways are cleaned and clear before you venture out. It makes it very unsafe and difficult to operate machinery and shovel while people are walking around.

HAPPY HOLIDAYS!

Runi Sriwardena

You are all familiar with the famous carol "The stockings were hung by the chimney with care, in hopes that St. Nicholas soon would be there". But do you know the history of the Christmas Stocking? Well, lets find out!

- * According to legend, a nobleman became depressed after his wife's death and squandered his fortune. As a result, he and his three daughters lost their home and had to move into a lowly peasant's hut and lived a life of poverty. The three young daughters could not hope to get married without dowries, money and property pledged to the prospective husband's family. So the generous St. Nicholas decided to help them. Wishing to remain anonymous, he threw 3 small pouches of gold coins down the chimney at night. They happened to land inside the stockings the young women had hung up by the fire place to dry! The next morning the three sisters were amazed to find the gold coins inside their stockings. They were all able to get married and give their husband's a dowry! They lived happily ever after..*
- * Another legend states that Dutch children left their wooden shoes filled with straw for Santa's reindeer along with a treat for Santa. The next morning, the children would find treats in the shoes in place of the reindeer food.*
- * Folklore claims that an orange in the stocking represents the gold left by St. Nicholas. Finding an apple in the stocking indicates that the owner has been good during the year, while someone who has been naughty would find a piece of coal in their stocking.*

Whichever legend you choose to believe in, what is most important is to find something nice inside your stocking!



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 December 7th.**

After 4 PM it is late—No exceptions!

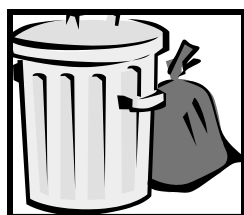
*** **Important*****

- ♦ 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 12TH.**



THIS MONTH IN HISTORY

Dec. 1, 1955—The birth of the modern American Civil Rights Movement occurred as Rosa Parks was arrested in Montgomery, Alabama, for refusing to give up her seat to a white man and move to the back.

Dec. 2, 1954—The US Senate condemned Senator Joseph McCarthy for misconduct following his ruthless investigation of thousands of alleged Communists.

Dec. 2, 1859—Abolitionist leader John Brown was executed for treason at Charles Town, West Virginia, following his raid on the U.S. Arsenal at Harper's Ferry.

Dec. 3, 1984—A deadly gas leak (of methyl isocyanate) at a Union Carbide plant in Bhopal, India killed at least 3000 persons and injured more than 200,000.

Dec. 5, 1791—Wolfgang Amadeus Mozart died a pauper at age 35 in Vienna, Austria.

Dec. 6, 1877—At his laboratory in West Orange, New Jersey, Thomas Edison spoke the children's verse "Mary had a little Lamb..." while demonstrating his newly invented phonograph.

Dec. 7, 1941—Attack on Pearl Harbor. A day that will live in infamy.

Dec. 9, 1992—Buckingham Palace announced the separation of Prince Charles and Princess of Wales, Diana.

Dec. 10, 1950—Dr. Ralph Bunche became the first African American man awarded the Nobel Peace Prize, for his efforts in mediation between Israel and nearby Arab states the previous year.

Dec. 13, 1642—New Zealand was discovered by Dutch navigator Abel Tasman of the Dutch East India Company.

Dec. 15, 1890—Sioux leader Sitting Bull was killed in a skirmish with U.S. soldiers along the Grand River in South Dakota as his warriors tried to prevent his arrest.

Dec. 17, 1777—At Valley Forge in Pennsylvania, the Continental Army led by General George Washington settled in for the winter.

Dec. 21—Winter begins in the Northern Hemisphere. In the Southern Hemisphere it is the beginning of Summer.

Dec. 23, 1888—Dutch painter Vincent Van Gogh cut off his left ear during a fit of depression.

Dec. 24, 1990—On Christmas Eve, the bells of St. Basil's Cathedral in Moscow rang for the first time since the death of Lenin.

Dec. 26, 2004—An estimated 230,000 persons were killed and 1.5 million left homeless when a magnitude 9.3 earthquake on the seafloor of the Indian Ocean set off a series of giant Tsunami waves that smashed into the shorelines of a dozen countries including Indonesia, Sri Lanka, Thailand, India and Somalia.

Dec. 31, 1879—Thomas Edison provided the first public demonstration of his electric incandescent lamp at his laboratory in Menlo Park, New Jersey.

Submitted by: **BONNIE BONANNO, 2-F**

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

PREVENT THE SPREAD OF GERMS!

Wash Hands: Washing your hands is the best way to avoid a cold. When germs are on our hands, they can easily make their way into our body when we touch our eyes or mouth. Be sure to wash before meals or preparing food and after you use the bathroom.

Cover Nose and Mouth: Cough or sneeze into a tissue or the crook of your elbow to avoid spreading germs to others. Try not to cough or sneeze into your hand as you'll just spread those germs to the next thing you touch.

Disinfect your Space: Use a disinfecting wipe to wipe down high-traffic spots in your home, especially if a family member is ill. These areas can include doorknobs, computers, phones, TV remotes, and light switches, among other things.

Stay Home When Sick: Going to work, school, or out in public when you are sick can risk getting others infected. Although you may be able to handle being sick, it might not be so easy for others with a weak immune system. Listen to your doctor and rest until you feel better!

Get your Flu Shot: Getting your flu shot will reduce your risk of getting the flu by 40-60 percent. This also reduces the risk of spreading infection to others. Flu season starts in October and ends in May with the peak activity between December and February.

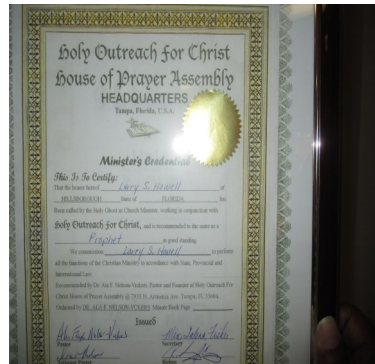


MARK YOUR CALENDAR!

- Thurs. December 6th—Yoga Classes resume at 10:00 am (1st & 3rd Thursdays)
- Tues. December 11th—Annual Holiday Party 12 noon
- Friday, December 28th—Kronman Birthday Club 12 noon— (Held on the last Friday of the month)
- Mondays/Wednesdays/ Fridays—SK Café at 10:30 am
- Saturday Night at the Movies—On Saturdays from 5—8:00 PM
- Bingo—Sunday afternoons at 4 pm

A WARM WELCOME TO.....

- ♦ Shirley Birnberg who moved into apartment 5-P. Shirley moved from AHEPA Housing right across the street! Welcome Shirley, we hope you settle down fast and easy!
- ♦ We also welcome Veteran Barbara Gregory who moved into apartment 4-M. We hope you are happy in your new home!



CONGRATULATIONS.....IT'S OFFICIAL!

Our heartiest congratulations to resident Larry Howell who was officially ordained as a Minister on November 14th. We watched as Larry studied and did all his thesis work in preparation for this big milestone and achievement. Congratulations, we are very proud of you.



Terry Barnes of Park Terrace looking lovely and elegant!
This lovely picture was captured in the office!

CHEF'S CORNER**BLT SKILLET**

4 ounces uncooked whole wheat
linguine
4 bacon strips, cut into 1-1/2 inch
pieces
1 plum tomato, cut into 1-inch pieces
1 garlic clove, minced
1-1/2 teaspoon lemon juice

Cook linguine. Meanwhile, in a large skillet, cook bacon over medium heat until crisp. Remove to paper towels; drain, reserving 1 teaspoon drippings.

In the drippings, saute tomato and garlic for 1-2 minutes or until heated through. Stir in the bacon, lemon juice, salt and pepper.

Drain linguine; add to the skillet. Sprinkle with cheese and parsley; toss to coat.

**Special Days of December**

3rd: Chanukah begins
7th: Pearl Harbor Day
10th: Last Day of Chanukah
12th: Poinsettia Day
13th: National Guard Birthday
21st: Winter Solstice (shortest day of the year)
22nd: Full Moon
24th: Christmas Eve
25th: Christmas
26th: Kwanzaa
27th: National Fruitcake Day
31st: New Year's Eve

Quotable Quotes:

"I believe love is primarily a choice and only sometimes a feeling. If you want to feel love, choose to love and be patient.

-Gordan Atkinson

"Wish not so much to live long as to live well." - Benjamin Franklin

Full Moon: December 22nd known as
The Full Cold Moon

**SMILE AWHILE.....**

- ♦ "I would like vitamins for my son," a mother said. "Vitamin A, B or C?" the pharmacist asked. "It doesn't matter," the mother replied. "He can't read yet."
 - ♦ An elderly man was having hearing problems and went to see a specialist. The doctor fitted him with some hearing aids that brought his hearing back to full strength. After a few weeks the man came back to make sure the new equipment was working properly, which it was. The hearing specialist said, "It seems perfect. Your family should be delighted you can hear everything now."
- "Oh no," the man responded. "I haven't told any of them. I just sit quietly, listening carefully. I've changed my will four times already."



THIS MONTH WE FEATURE.....

RUTH THOMAS
PARK TERRACE, 608 BENNER STREET

Hi, my name is Ruth Thomas. I was born on August 19th, 1991 and grew up in Highland Park, NJ. I have two brothers and two sisters. My mother, Evelyn Miller has been a resident at Park Terrace for about 30 years!

I graduated from Highland Park High school. A year later, I attended Anthem Institute in New Brunswick for Massage Therapy and received my license. I was then employed by Massage Envy in East Brunswick where I am still working. I have six years of experience now!

I like to sing, particularly R & B and Motown classics. However, since I am shy, I sing mostly in the shower! I also love to cook, especially around the holidays.

Highland Park is a great community to have grown up in. I know many residents at Park Terrace who are all very friendly.

THE CRITTERS ARE BACK!

Yes, someone is once again feeding the animals in the back of the Kronman building, thereby inviting squirrels on the balconies. Whoever you are, please stop! It is terribly inconsiderate and is causing much distress. We will have to do balcony inspections again for all R, S and T units at Kronman to inspect for squirrel nests and for items encouraging squirrels to nest in.

SNOW HELP NEEDED

We are looking for residents or other adults who are interested in doing some part-time snow clearance work during this winter season. If interested, please stop in the office to fill out an employment application.

SHARE THE REMOTE CONTROL PLEASE!

There has been some dissention about sharing the remote control and the Television in the community room. Yes, unfortunately there is just one TV for all residents. So you must be sensitive to your neighbor's needs and not hog the TV for yourselves. Please do not hide the remote control under any circumstances! That is child's play! Also, you must leave the community room, latest by 11:30 pm at night.

NEW SOCIAL SECURITY LETTERS

The new benefit letters for 2019 are being mailed out by the Social Security Administration. Please bring your new award letter to the office so we can copy it and place it in your file for your next certification.

YOGA CLASSES ARE BACK!

Thanks to the initiative and generosity of resident Ellen Rosner, the Yoga classes are back in session. They will be held on the 1st and 3rd Thursday of every month at 10 am. You can do these exercises at your pace, so don't be reluctant, please try it out. Yoga is a wonderful way to be healthy and to relax!

PHOTO GALLERY

THE S.K CAFÉ ENJOYING A THANKSGIVING LUNCH



The Birthday club celebrating the November birthdays.

Happy Birthday Dee and Lizzy!

Everyone is welcome. See Patty Nash 2-G



Bingo on Sundays!

Everyone is welcome!

See Pat Roth 6-J



The building is beautifully decorated and trimmed thanks to Bonnie, Karin, Michelle, Joanne and Neli. Thanks!



**ALL I NEED TO KNOW ABOUT LIFE
I LEARNED FROM A SNOWMAN**

- ◇ *It's okay if you're a little bottom heavy.*
- ◇ *Hold your ground, even when the heat is on.*
- ◇ *Wearing white is always appropriate.*
- ◇ *Winter is the best of the four seasons.*
- ◇ *It takes a few extra rolls to make a good mid-section.*
- ◇ *There's nothing better than a foul weather friend.*
- ◇ *The key to life is to be a jolly, happy soul.*
- ◇ *We're all made up of mostly water.*
- ◇ *You know you've made it when they write a song about you.*
- ◇ *Accessorize! Accessorize! Accessorize!*
- ◇ *Don't get too much sun.*
- ◇ *It's embarrassing when you can't look down and see your feet.*
- ◇ *There's no stopping you once you are on a roll.*



DONNA BRIGHTMAN

