

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



February 2019

# THE HIGHLANDER

The Groundhog did not see his shadow.....yippee, spring is coming, spring is coming! Except for those 3 days of unbearably cold temperatures, we have had a relatively moderate winter so be thankful folks!

February, although a short month, has Valentines Day, Black History Month, President's Day and the Super Bowl to boast about. So let's celebrate this month. Wear read on Valentine's Day and show some love! Read and learn about the magnificent history and contributions made by African Americans, celebrate the history and contributions of our presidents of yore. We have so much to read and learn about.

I also urge you to ride out the rest of the winter by getting more involved in the building activities available to you. Read the notice board and get out of your apartments and participate!

**RUNI SRIWARDENA**

### **SUPER BOWL!**

*Since February is typically the month we celebrate the big super bowl, let's take a few minutes to learn about how all this came to be!*

*The Super Bowl is the championship football game played annually between the AFC and NFC division champions of the NFL. It is played on a Sunday at a different stadium each year and is the most watched professional sports event in the USA. It is also the 2nd largest food consumption day in the USA, trailing only to Thanksgiving!*

*AFL founder and Kansas City Chiefs owner Lamar Hunt jokingly referred to the proposed game as the Super Bowl, after watching a group of kids play with a toy called "Super Ball." The name was consistent with College "bowl" games, and became the permanent football championship moniker.*

*The first two Super Bowls were dominated by the NFL's Green Bay Packers, which led to doubts as to the competitiveness of AFL teams. However, the very next year, the AFL's New York Jets defeated the Baltimore Colts in Super Bowl III and the following year the AFL's Kansas City Chiefs defeated the Minnesota Vikings to put the AFL on par with its NFL rival.*

*The trophy awarded to the winning team is known as the Vince Lombardi Trophy, named for the coach of the Green Bay Packers who won the first two Super Bowls. The Tiffani & Co. created trophy is made entirely of sterling silver and features a regulations size football in kicking position. The Vince Lombardi trophy was first awarded to the Baltimore Colts at Super Bowl V. - Ticketcity.com*



## RENT

Rent is due on the 1st.



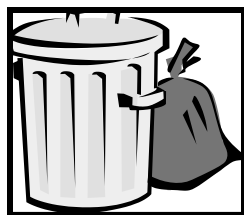
If you are using the rent box, your check must be in the box before 4 PM on February 7th.

**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 APRIL 10, 2019**



## THIS MONTH IN HISTORY

Feb. 2, 1948—The war between the U.S. and Mexico ended with the signing of the Treaty of Guadalupe Hidalgo. In exchange for \$15 million, the U.S. acquired the areas encompassing parts or all of present day California, Nevada, Utah, Arizona, New Mexico, Colorado, Wyoming and Texas.

Feb. 3, 1870—The 15th amendment to the U.S. Constitution was ratified, guaranteeing the right of citizens to vote, regardless of race, color, or previous condition of servitude..

Feb. 11, 1990—In South Africa, Nelson Mandela, at age 71, was released from prison after serving 27 years of a life sentence on charges of attempting to overthrow the Apartheid Government. In April 1994, he was elected president of the first all-race elections.

Feb. 13, 1635—Boston Latin School, the first tax-payer supported (public) school in America was established in Boston, Massachusetts.

Feb. 15, 1933—An Assassination attempt on newly elected U.S President Franklin D. Roosevelt occurred in Miami, Florida. Fortunately, a spectator deflected the gunman's aim.

Feb. 17, 1865—During the American Civil War, Fort Sumter in South Carolina was returned to the Union after nearly a year and a half under Confederate control.

Feb. 20, 1943—German Field Marshall Erwin Rommel, broke through American lines at Kasserine Pass in North Africa as inexperienced U.S. Troops lost their first major battle of World War II in Europe.

Feb. 22, 1956—In Montgomery, Alabama, 80 participants in the three-month old bus boycott voluntarily gave themselves up for arrest after an ultimatum from white city leaders. Martin Luther King and Rosa Parks were among those arrested. Later in 1956, the U.S. Supreme Court mandated desegregation of the buses.

Feb. 24, 1867—The House of Representatives voted to impeach President Andrew Johnson. The vote followed bitter opposition by the Radical Republicans in Congress toward Johnson's reconstruction policies in the South. However, the effort to remove him failed in the Senate by just one vote.

Feb. 27, 1950—The 22nd Amendment to the U.S. Constitution was ratified, limiting the president to two terms or a maximum of ten years in the office.

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

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

February Wellness Tips

# Be Heart Healthy



**Get a Goodnight Sleep:** One study found that people who slept 7 hours a night had less calcium in their arteries (sign of heart disease) than those who slept 5 hours or less or those who slept 9 hours or more.

**Check Blood Sugar:** Millions of people with diabetes or prediabetes are unaware of their condition. Your doctor should test your blood sugar if you are 45 or older, pregnant, overweight or you have other risk factors for diabetes.

**Stay Physically Active:** Aim for 30 minutes of exercise a day, 5 days a week. Break up long periods of sitting or staying sedentary. If you sit at a desk for work, make sure you get up and move around for a few minutes every hour.

**Eat Heart Healthy:** Avoid eating out or getting takeout as many of these meals are high in sodium. Opt for eating more fruits, vegetables, whole grains and lean, low-fat protein.

**Check Blood Sugar:** Millions of people with diabetes or prediabetes are unaware of their condition. Your doctor should test your blood sugar if you are 45 or older, pregnant, overweight or you have other risk factors for diabetes.

**Don't Stress:** High stress levels can be a contributor to heart attacks. Dedicate 10-20 minutes a day to relax and de-stress through medication, yoga, deep breathing or another relaxing activity you enjoy.

Activity Calendar:

Black History Program - DBA

Please continue to schedule your appointment. Thank you!

**MARK YOUR CALENDAR!**

- February 14th—HP Commissioner Meeting 6:30 pm
- 1st & 3rd Thursdays—Yoga Class 10 am
- Saturdays evenings—Movie night
- Sunday after noon—Bingo
- SK Café and Birthday Club to re-open soon

**A WARM WELCOME.....**

We extend a warm welcome to Nancy Melendez who moved into apartment 4-K and to Richard Knauer who moved into apartment 2-M. Both Nancy and Richard are friendly and energetic people who would love to get to know more of their neighbors at Samuel Kronman! Welcome to your new home!

**SOME ITEMS FROM THE LAST TENANT MEETING AGENDA**

- Did you notice the new carpeting on the first floor? Let's work together to keep it clean. Positively no open cups of coffee or any beverage to be carried. Your cup must have a lid on it! Report spills immediately.
- The recent unfortunate building fire at Cedar Lane apartments signal us to be extra cautious. We ask you not to burn candles and not to use extension cards and particularly never to overload them. If you must use an extension cord, make sure the cord states that it is **UL Listed**. Do not buy them from Dollar stores as they are often not UL Listed. Do not clutter your apartments. We will be doing a fire safety Inspection on all apartments soon.
- We have recently encountered some issues with money orders. If you pay by money order, always make sure the purchase amount is clearly listed on the money order. We also recommend that you purchase them from the bank or the post office and not from convenience stores.
- Please note that you have exclusive rights to the community room only if you rent the room. The room is also designated for certain approved ongoing building activities like Yoga on the first and 3rd Wednesday of the month, Movie night on Saturday evenings and Bingo on Sunday afternoons. At all other times, any resident is welcome to use any or all facilities in the community room during the prescribed hours of use of the room. No one is allowed to hog the remote and control what program to watch. You must give other people the chance to choose their favorite programs as well!

**BULK ITEM DISPOSAL**

Please note that you may not discard any bulk items until the day before the scheduled bulk pick up which is next on April 10th. You must store the items in your apartment until you can put it out the day before the bulk pick.

**CHEF'S CORNER****MARbled MERINGUE HEARTS**

3 large egg whites  
 1/2 tsp vanilla extract  
 1/4 tsp cream of tartar  
 Food coloring, optional  
 3/4 cup sugar

Place egg whites in a large bowl; let stand at room temperature for 30 minutes. Line baking sheets with parchment paper.

Preheat oven to 200 degrees. Add vanilla and cream of tartar to egg whites; beat on medium speed until soft peaks form. Gradually beat in sugar, 1 tablespoon at a time, on high until stiff peaks form. Remove 1/4 cup and tint pink. Lightly swirl pink mixture into remaining meringue. Fill pastry bag with meringue. Pipe 2 inch heart shapes 2 inches apart onto prepared baking sheets.

Bake until set and dry, about 20 minutes. Turn oven off; leave meringues in oven until oven has completely cooled. Store in an airtight container.

**Special Days of February**

2nd—Groundhog Day  
 3rd—Super Bowl 53  
 5th—Chinese New Year—Year of the Pig  
 12th President Lincoln's Birthday  
 14th—Valentine's Day  
 18th—President's Day  
 22nd—President Washington's Birthday

**Quotable Quotes**

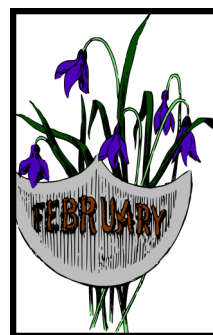
'The power to bring me out of solitude or to push me back into it-had never belonged to another person. It was mine and only mine.'

-Martha Beck

"Wish not so much to live long as to live well."

-Benjamin Franklin

Full Moon: February 19th  
 Known as the Full Snow Moon

**SMILE AWHILE.....Valentine's Day Style !!!**

- Q. What did the flame say to his buddies after he fell in love?  
 A. "I found the perfect match!"
- Did you hear about the bed bugs who fell in love? They are getting married in the spring!
- Q. Why shouldn't you fall in love with a pastry chef?  
 A. He will dessert you.



**THIS MONTH WE FEATURE.....****CLARA O'NEILL****SAMUEL KRONMAN, APT. 6-L**

Hi, my name is Clara O'Neill. I was born on July 21st, 1936 in Grenada in the Caribbean. I had 2 brothers of whom one is deceased and one lives in Trinidad. I grew up mostly with my grandparents. We moved to Trinidad when I was just 8 years old. I worked in a garment factory.

I married my husband George and we had 4 children, 3 sons and one daughter—Glen who lives in Florida, David who lives in Long Island, Christopher in Brooklyn and my daughter Glenda who lives right here with me in Highland Park.

My husband came first to the USA to settle down and we followed soon after. We lived first in Brooklyn, New York. I worked in a nursing home. We then moved to North Carolina, where my husband served as a Minister at the Church of God in Christ in High Point, Thomasville, North Carolina.

I then moved to New Jersey and settled down in Plainfield. Since I always wanted to work in the medical field, I went to school and obtained by nursing LPN license. I worked in private duty nursing and also worked at Robert Wood Hospital and at the Parker Nursing Home.

I moved to Samuel Kronman in June, 1999. I like living here and have made many friends. The staff is very good to me. Due to my deteriorating health, I am very fortunate to have my daughter Glenda live with me as my personal aide.

I love to sing and I enjoy singing at the Reformed Church in Highland Park. My faith in God is my pillar.



**INTERCOM SYSTEM VIOLATIONS (SAMUEL KRONMAN)**

Several residents at Samuel Kronman have re-wired or plugged in home phones into our low voltage building intercom connection causing vast outages and burned circuit boards. It has resulted in exorbitant costs and inconvenience to many residents who had to suffer without their intercoms. Here is what needs to be done immediately:

- 1). Make sure you have a plain, non battery and non-electronic phone connected to the intercom jack. This phone will enable you to answer the intercom and press "9" to activate the main front door. You will not be billed for this phone, it is an internal building intercom only.
- 2). If you are answering the intercom from your regular home phone, then you have violated the intercom system. Your home phone has to be entirely separate and you can only use the phone jacks in your bedroom and living room. Please call your telephone company and have them disconnect your home phone from the intercom system.

You must immediately rectify the above. We cannot afford to compromise the building intercom system and we cannot absorb these repair costs. We will give you a few days to rectify the problem and re-inspect all units to make sure the intercom connection is completely free and clear of any other connections going into it.

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**DID YOU KNOW?**

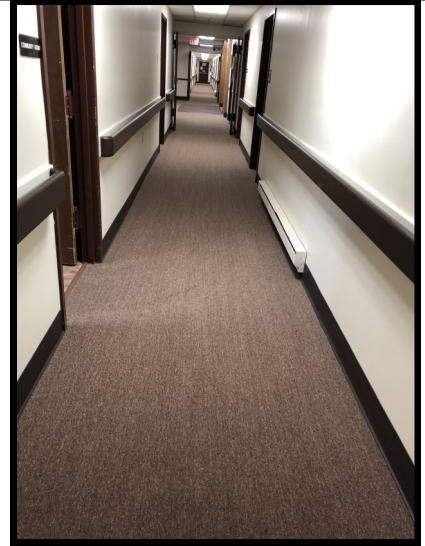
The Highland Park Borough offers free Municipal ID Cards to all valid Highland Park Residents. Why should you get one?

ID cards are intended to assist in the identification of the valid cardholder for purposes of obtaining services from the Borough of HP and at the discretion of businesses within the Borough of HP.

For further information and instructions on how to obtain a card, you can call Renee George, Administrative Assistant , HP Public Library at (732) 572-2750

**PHOTO GALLERY**

Thanks to the initiative and generosity Of Pat Roth and Nili Miot, the ladies enjoy a casual coffee clutch on Fridays while The SK Café is temporarily closed.



New carpeting on the 1st floor at Kronman.



Beautiful plants & flowers donated by kind residents. A trio of plants for the office gifted by new resident Richard Knauer, pretty red Valentine flowers for the lobby by Natasha Wydboreck and an assortment of lovely plants in the lobby -some donated by and maintained by Joanne Rogers. Thank you!





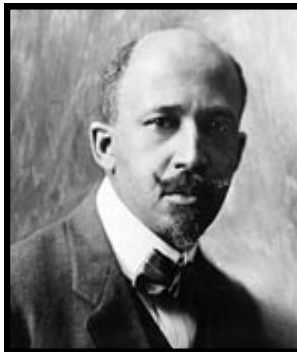
**CELEBRATING BLACK HISTORY -  
FAMOUS AFRICAN AMERICANS WHO HELPED CHARTER THE COURSE**



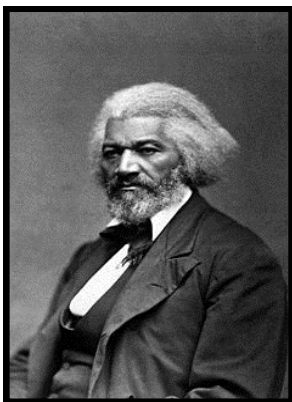
**SOJOURNER TRUTH**  
ABOLITIONIST  
1797—1883



**BOOKER T. WASHINGTON**  
AUTHOR & ORATOR  
1856—1915



**W.E.B. DU BOIS**  
INFLUENTIAL ACTIVIST  
1868—1963



**FREDERICK DOUGLAS**  
ANTI-SLAVERY ACTIVIST  
1818—1895



**HARRIET TUBMAN**  
UNDERGROUND RAILROAD  
1822—1913



*"Just be yourself  
Let people see the real,  
Imperfect, flawed, quirky,  
Weird, beautiful and  
Magical person that you are"*  
-Unknown



**LOVE YOURSELF FIRST!**



### **Recipe for love**

Mix 2 cups of fellowship, 2 tablespoons  
Of comprehension and some drops of  
Patience - affection, lots of affection.  
Add friendship and generosity. Don't  
forget the baking powder of love. In  
the filling, put a great amount of  
tenderness and joy. For the icing,  
spread lots of smiles and hugs.  
Garnish with passion. To  
finish add lots of kisses.

*It's not selfish to  
**LOVE**  
Yourself,  
Take care of  
Yourself,  
And make your  
happiness a priority.  
It's necessary.*

**-DONNA BRIGHTMAN**