

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 2019

THE HIGHLANDER

The month of "Love" is over and we now enter the interesting month of March, for its unpredictable weather, March Madness, The Ides of March and of course St. Patty's Day! Hope you have pulled your green outfits out! We are asking anyone who would like to organize a St. Patrick's get together to please contact the office.

So very glad to have our Easter Seals Trainee Patty Nash back. Patty bravely faced knee surgery, did what the doctor ordered and is back hosting the ever popular S.K. Café once again! Welcome back Patty. Please drop in on Mondays, Wednesdays and Fridays and have a cup of coffee and some refreshments with your neighbors.

We will soon be re-starting the RAD conversion interviews, so please stay tuned!

RUNI SRIWARDENA

MARCH MADNESS???

Every year, as the winter wanes, a curious ailment spreads across the country. Basketball fever!

It's a condition called "March Madness" and it afflicts millions of people! Let's learn about the history of this phenomenon!

"March Madness" was born in Illinois. The annual tournament of high school boys basketball teams grew from a small affair in 1908 to a statewide institution with over 900 schools competing by the late 1930's. A field of teams known as the "Sweet Sixteen" routinely drew sellout crowds in the University of Illinois "Huff" gymnasium. It was a time before television and before professional leagues had established a foothold in in the nation's large cities.

Henry V. Porter, assistant executive secretary of the Illinois High School Association was so impressed with this growing phenomenon, he wrote an essay titled "March Madness". The term struck a cord with newspapermen who used it from then on. The spirit of March Madness subsequently spread from coast to coast.

Today's March Madness is different from the original version. Nowadays, an "Elite Eight" teams advance to the slate finals but there are 8 tournaments. "The Happening", a thrilling contest featuring the state's best three-point shooters, is now a part of these tournaments as well. -Sports Activities



RENT

Rent is due on the 1st.



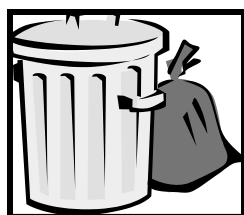
If you are using the rent box, your check must be in the box **before 4 PM on March 7th.**

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 APRIL 10, 2019**



THIS MONTH IN HISTORY

March 1, 1961—President John F. Kennedy established the Peace Corps, an organization sending young American 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 Regan was shot in the chest while walking toward his limousine in Washington DC.

Submitted by: **BONNIE BONANO, 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 4th—SK Café re-opens at 10:30 am
- March 12th—HPHA Commissioner Meeting at 6:30 pm
- Mondays / Wednesdays / Fridays—SK Café at 10:30 am
- Saturday Evening—Movie Sunday Afternoon—Bingo

RESIDENT NEWS.....

- ◇ Our condolences to Huldah (Hope) Rohan on the sudden death of her younger sister, Darlene. We know you were very close. We wish you strength during this difficult time.
- ◇ Our condolences also go out to Karin Jackson on the death of her son-in-law who battled an illness bravely. Our prayers and thoughts are with you and your daughter Sylvia.
- ◇ Our condolences to Elizabeth Taylor of Park Terrace whose mother passed away in Sierra Leone.
- ◇ Congratulations to Willie Franqui on his new Easter Seals Trainee assignment. We are so proud of you.
- ◇ Dee Donnelly is recuperating in re-hab. We wish you a quick and complete recovery.

Dear Fellow Residents,

I know I have not written to you recently, but I have been very busy. I made my yearly trek to India to visit my fiancée. I left mid November in a winter storm where they were de-icing the wings on the plane, and was the second to last plane to leave from Newark Airport just before the shut down of the airport! It was a harrowing start to a wonderful trip, he he!

But this is not the reason I am writing. I want to share with you the things that happened while I was away.

As you know my letters here are about good things that happen at the HPHA. So here goes. I want to thank the people in the building who I consider to be my neighbors. I had people who took care of my things while I was gone. My neighbors went to my apartment and watered my plants and checked on things. One took in my mail and advised me of what was going on. Another allowed me to park my car in their space to avoid costly parking fees while I was away.

The reason I am pointing this out is because we are neighbors and we help each other in times of need. I truly appreciate all of these things.

I think the thing we need to realize is that here we are all neighbors and need to support each other in our struggles and celebrations. No matter when. The real joy in life for me is to know we are safe and secure in support for each other here. And the proof is when people step up and support each other.

Whether we live on the 2nd floor and have a neighbor on the 5th floor, we are all neighbors. When someone has a friend in the hospital we can lend a ride. We can do it because we are all here in the same place. We can help by bringing things down to place in the trash or recycling. Even just a "good morning" to start the day. We are all in the same struggle called life.

I have been told, a cord of many strands does not break easily. I have realized this to be true in many things in my life. Let's support each other.

Again, I want to thank all of the neighbors I have in this building and hope we continue to support each other.

CHUCK LACAILLADE, 2-Q

CHEF'S CORNER**MEXICAN STUFFED CHICKEN BREASTS**

1 cup shredded pepper Jack cheese (4 oz)

4 oz. cream cheese, softened

1 can (4.5 oz.) Old El Paso" chopped green chilies

1 package (1 oz.) Old El Paso taco seasoning mix

4 boneless, skinless breasts (6-8 oz. each)

2 tbs. olive oil

Topping:

3/4 cup shredded mozzarella cheese (3oz.)

1/4 cup sliced green onions (4 medium)

1/4 cup fresh cilantro leaves

Heat oven to 400 F. Line large, rimmed sheet pan with foil. Place wire rack on top of foil. Spray with cooking spray.

In medium bowl, mix pepper Jack cheese, cream cheese, green chilies and 1 tbs. of the taco seasoning mix. In thick side of each chicken breast, cut 3-inch long pocket to within 1/4 inch of opposite side of breast. Spoon about 1/3 cup cheese mixture in pocket of each chicken breast. Secure with toothpicks.

In small bowl, mix remaining taco seasoning mix and the olive oil. Place chicken on rack; brush with oil mixture.

Roast uncovered 25 to 30 minutes or until stuffing reaches internal temperature of 160 F. Top chicken breasts with mozzarella cheese; bake 3 to 5 minutes or until cheese is melted. Top each breast with green onions and cilantro.

**Special Days of March**

March 5th—Mardi Gras

March 6th—Ash Wednesday

March 10th—Daylight Savings Time

March 17th—St. Patrick's Day

March 20th—Spring Equinox

March 21st—Purim begins

Quotable Quotes:

"An optimist is the human personification of Spring." - Susan J. Bissonette

"If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome." - Anne Bradstreet

Full Moon: March 21st

Known as the Full Worm Moon

**SMILE AWHILE.....**

Teacher: How old is your father?

Student: He is 6 years old.

Teacher: What? How is that possible?

Student: He became a father only when I was born.

Teacher: Maria, go to the map and find North America.

Maria: Her it is.

Teacher: Correct. Now class, who discovered North America?

Class: Maria.

THIS MONTH WE FEATURE.....

ANA VELIZ
WHA ASST. SECTION 8 ADMINISTRATOR

Hi, my name is Ana Veliz. I was born in Caracas, Venezuela. I came over to the United States about 30 years and have lived in the tristate area right through out.

I am married to my husband Luis and we have twin sons Anthony and Jonathan aged 21 who are graduating from college this year.

I worked for the NJ Department of Community Affairs (DCA) for 4 years and then joined the Woodbridge Housing Authority as a Lease and Occupancy Specialist. I then worked for Ingerman Management Company and was in charge of the relocation of the Woodbridge Garden Apartment residents to the new Jacobs Landing Project.

I am very happy to be able to return to the Woodbridge Housing Authority as the new Assistant Section 8 Administrator.

I am also excited about working temporarily at the Samuel Kronman building where I will be helping with the RAD conversion and Tax Credit certifications. It will be a hectic project but with your cooperation we will all get it done!

I look forward to getting to know all of you!

INTERCOM PROBLEM UPDATE



Glad to report that Pereira Electric was able to find the problems and also replace several burned out circuit boards in our intercom system. The entire system is operating now.

Many thanks to all of you who promptly responded to our urgent request to disconnect your home phones from the intercom connection. We appreciate your swift reaction and cooperation. The maintenance staff will come around to those units that still need some extra work.

THANK YOU FOR YOUR COOPERATION!



Thank you for refraining from dumping any items by the dumpsters at Park Terrace and at Kronman. We appreciate your cooperation to our instruction that bulk items can now only be disposed 1 or 2 days prior to the scheduled bulk pick up. The next pick up is scheduled for April 10th. You must either store the item in your unit until you can bring it to the dumpster area or you can choose to take it to the borough dumpsite yourself.

WANTED: ARTISTS

Sustainable Highland Park is asking for artists to design "Yes we Can" Environmental posters to be displayed in local stores and on Earth Day. Posters are due no later than April 3rd. They will pay an honorarium of \$80.00 to artists whose posters are selected for display. For further details you can email iriegner@optonline.net.

A NEW FACE.....

WHA Assistant Section 8 Administrator Ana Veliz will be working with us temporarily on the RAD conversion at Samuel Kronman. Ana is well experienced in Tax Credit work. We look forward to having her expertise. Ana will soon be contacting you all so she can meet with you individually.

PHOTO GALLERY

PATTY IS BACK AND THE SK CAFÉ HAS RESUMED!



FRESH FALLEN SNOW IS ALWAYS BEAUTIFUL!



TWO GLAMOROUS PARK TERRACE RESIDENTS!

TERRY BARNES,

ELIZABETH TAYLOR



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

St. Patrick's Day Word Search

Words to Find:

rainbow	luck	green	pot
shamrock	jig	gold	Irish
leprechan	lucky		



(Re-Production of the letter to Kronman residents dated March 1, 2019))

Dear Residents of Kronman Senior/Disabled Building:

As indicated in previous notices, the unit (THE "Unit") you currently occupy in the Kronman building is a part of a public housing project that will be converted to Rental Assistance Demonstration ("RAD") Project based Voucher assistance (the "Project"). As explained in the (RAD Notice of Relocation) that you previously received, you will not be required to move as a part of the sale and rehabilitation of the property.

This notice is to inform you that your public housing lease with the Highland Park Housing Authority (HPHA) will be terminated no less than 30 days from the date of this notice. The specific reason for the termination is as follows;

The property you currently occupy a unit in is participating in the Department of Housing and Urban Development's (HUD) RAD Program. HUD is issuing the RAD Conversion Commitment (RCC) to convert the Kronman Senior/Disabled Site from public housing to Project-Based Voucher Assistance. As a result, your public housing lease for the Unit will terminate not less than 30 days of this notice.

This notice also serves to provide you an offer of a new lease for the unit you currently occupy. The lease will be with the Kronman Affordable Housing LP. (the "New Project").

As further explained in the RAD Relocation Notice, under the RAD Program you have certain rights which include the following:

1. You will not be displaced as a result of this conversion.
2. You are not subject to eligibility determinations and will not be rescreened for admission to the new Project.
3. Your public housing security deposit will remain the same at the New Project and you will not have to pay any additional security deposit.
4. Your rent at the New Project under the Project-Based Voucher program will continue to be based on your income calculated in accordance with applicable federal regulations. For residents that previously elected to pay public housing flat rent, rent increases as a result of the conversion will be phased in over a three year period.

Should you accept this offer of a new lease, you will be obligated to execute all of the documents and provide all of the required family composition and income information in order that the Kronman Affordable Housing LP will comply with the Low-Income Housing Tax Credit (LIHTC) lenders requirements.

We are expecting to close soon, but when we do, you will receive further notification, with a definitive date regarding the new lease origination.

Sincerely,

Donna Brightman