



# THE HILLTONE

[www.hiltoniaassociation.org](http://www.hiltoniaassociation.org)

September 2018

## Hiltonia & Exercise...Perfect Together

By Maureen Lebel, PHD, and Jacques Lebel, MPA, FGSA

It is well established that exercise is good. It is good physically (heart health, weight and diabetes control, balance), mentally (positive chemical surge after aerobic activity), and even cognitively (warding off dementia). We, as Hiltonia residents, have access to a wonderful source of exercise...walking the streets in, and adjacent to, our lovely Hiltonia neighborhood.

Current guidelines from the federal government recommend the following weekly adult physical exercise minimums:



- 150 minutes (2 hours and 30 minutes) each week of moderate-intensity aerobic physical activity (such as brisk walking or gardening) or
- 75 minutes (1 hour and 15 minutes) each week of vigorous-intensity aerobic

physical activity (such as jogging or swimming laps) or

- an equivalent combination of moderate- and vigorous-intensity aerobic physical activity.

The guidelines also recommend that aerobic physical activity be conducted in episodes of no less than 10 minutes each and, if possible, spread out through the week. In addition, weight lifting or other muscle strengthening activities that address all major muscle groups are recommended at least twice a week.

Research tells us that individuals are more likely to exercise if they believe they can do it. It follows that the more one does, the more one believes he or she can do. So starting with goals you know you can do, and then increasing as you get more confident, is recommended. Also, it helps if the activity is purposeful. Setting goals can make a walk more purposeful and helps convince you that you can do it. Goals can be time, distance, or even heart rate (check with your doc). See below for some local walking distances:

- perimeter of Hiltonia: 1.4 miles
- corner of Cornwall and Stuyvesant to Ewing Diner, NY Bagels, & Speedy Mart: 1.5 miles (one way)
- loop from corner of Cornwall and Stuyvesant, left on Stuyvesant to Palmer, left to Sullivan Way, left to Hillvista, left to Cornwall back to Stuyvesant: 2.2 miles
- Ellarslie, the Trenton City Museum, is roughly half a mile or less from most locations in Hiltonia.

A recently discussed neighborhood watch program could give purposefulness to a neighborhood walk, and if done in teams could add an element of sociability to both its safety and its exercise components.

## Veterans Benefits

By Margaret Mason

One of our neighbors wants veterans to know there is an informational booklet, *New Jersey Veterans' Benefits Guide*, available from the NJ Department of Military and Veterans Affairs. The 18-page booklet covers topics like medical care, employment, support services, and more. For further information, call 1-888-8NJ-VETS (1-888-865-8387) or visit [www.nj.gov/military/veterans](http://www.nj.gov/military/veterans).

Other local sources for veterans:

The Mercer Veterans Service Office  
Room 136  
151 Eggerts Crossing Road  
Lawrenceville phone: 609-671-6697

Veterans Service Office  
Trenton City Hall  
Room 128  
Phone: 609-989-8800

You can apply for Military Service Medals for yourself or for a loved one at:

Mercer County Veterans Services  
2280 Hamilton Avenue  
Hamilton, NJ

Inquiries can be made to Edward Mazzeo, Chief of Veterans Services, at 609-989-6120.

Veterans, their spouses, and dependent children are also eligible for free interment and perpetual care at Brigadier General William C. Doyle Veterans Memorial Cemetery in Wrightstown, NJ. Phone: 609-738-2400.



## Welcome to Samuel & Taraun !!

By Candice Brearley

I recently met Samuel and Taraun McKnight, who reside at 126 Buckingham. They moved here in November of 2017 after working on their house for a year. Taraun is an attorney with the Department of Human Services, and Samuel is an information technology administrator with the Department of Community Affairs. They have 2 children, Jameson who is 15 months, and Samarah, 17, a senior at Lawrence High.



with

They enjoy spending time with family, attending church, and traveling. Their favorite place visited was China, but Japan and Spain also made the list. Watching football involves split loyalties between the Dallas Cowboys and the Redskins.

## My Heartfelt Farewell

By Jim Brownlee

After living in Hiltonia since May 2002, it is now time to retire for the second time, and move to be with family in Naples, Florida.

I have made many lasting memories these past 17 years at 217 Cornwall Avenue. It took 10 years of making offers to purchase on every street here, and Bill Harbach never lost his patience with me. 217 was pretty much destroyed when I bought the home, but I saw it as an opportunity to transform this contemporary home into something that I and others would love to be a part of.

It was always known as the Party House, and I have to admit, I do like to entertain. The home has hosted the very first adult Halloween party, Christmas parties, garden party, Association meetings, and, of course, Flamingo Fridays.

My thoughts now are about the neighborhood that I am leaving. It has been a wonderful place to live, and I will miss my neighbors and the many fun times that we had. But there are many neighbors, in the 17 years that I have lived here, that I have never met. I never

understood why more neighbors did not participate in the social part of Hiltonia. This neighborhood cares about families, children, government, and helping those who need help. I have always admired that, and I encourage all neighbors to stay involved with what happens in Hiltonia. You will all be missed.

## Saying Good-Bye after 30 Years

By Maria Spillmann

As I leave behind my house and neighborhood of almost 31 years (!), I would like to say **Thank You** to all of you for having been such a wonderfully social group of neighbors. It was an honor to have become involved with everyone.

My first "job," and I'm sure Linda Reid had something to do with it, was to deliver flyers/*Hilltones* to the 3 Cornwall/ Renfrew blocks between Stuyvesant and Hilvista. On one of my runs, it had just snowed (a lot!) and Andrea came to help. She was barely 3 years old, all bundled up and trudging along, placing the papers where they belonged. At Cornwall and Stuyvesant she stopped and sat on the snow: "no more." That's when I told Linda that she had to lighten our load.

Although I wasn't able to be on the Board until I retired, we continued to be involved in everything Hiltonia. Viktor cooked for several events. We even received a plaque! Andrea enjoyed a playgroup we organized with the LaPlaccas, Kutches, and others whose names escape me. We all had lots of fun with the Halloween parades and Easter egg hunts.

Those of us who had children approaching school age formed an exploratory group into the area schools. We aligned with Hillcrest parents. We then felt that we had enough information to make our choices. Some chose Kilmer, which was then an elementary school. Others chose private.

As Andrea grew, she babysat for the younger kids (i.e., Rowan, Chance, Kutch). While in high school, she wrote an article about the Trenton Psychiatric Hospital for *The Hilltone*. All in all, this was a truly nurturing neighborhood to raise our children!

Thank you all so, so much for your support (when times were very rough), for your friendship and camaraderie. It will occupy a special place in my heart for the rest of my life. I wish you all well, continued vigilance, and continued watching out for each other and the community as a whole.

As happy as I am about my move, it has its sad side, too. I will truly miss my friends and neighbors here. I wish many blessings upon you all. **THANK YOU!!**



.....to Terri O'Prey & Dennis Wendell for hosting the wonderful and well-attended Hiltonia garden party in their home!

.....to Kathleen and Brennan Coughlin for providing their assistance with the printing of this issue of *The Hilltone*, and for all their hard work in sponsoring the National Night Out event!

.....to Bea & Michael Fischler, Jeannie & John Weakliem, Jim Brownlee, Bill & Regina Merz, and Pat Flores for hosting our "First Friday Flamingo" parties.

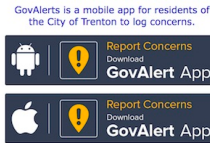
.....to all the neighbors who provided content for this issue !!

.....and to our **EXTREMELY AWESOME** proofreaders, Terri O'Prey, Margaret Mason, and Lily Knezevich!!!



## This 'n That . . . . .

- **Good news!** The city now has a centralized system for residents to report serious issues - it's the GovAlert app, and it is a genuine 311 system. The app is available on the [trentonnj.org](http://trentonnj.org) website. It can be used to send your concerns to the city. You will receive an email acknowledging receipt of your concern and you should receive an email when your concern has been resolved. GovAlert is a great leap forward in moving City Hall towards greater community engagement, customer service, and accountability. Whether you are seeing suspicious vehicles, drug deals, violations of zoning ordinances, disrepair to roads, pot holes, ATVs, now we have a single, central contact to get our issues funneled to the appropriate city department. (provided by Paulette Ayres, Civic Co-Chair).
- Do you have a large item for disposal? Call 609-989-3175. For more information about the protocols and schedules of the Division of Solid Waste management, go to: <http://www.trentonnj.org/Cit-e-Access/webpage.cfm?TID=55&TPID=6640>.
- Have you signed up for the City's Emergency Broadcast System yet? Go to <http://www.trentonnj.org/> and fill out the form. You will be notified in the event of emergency situations or critical community alerts.
- Won't you consider serving Trenton on one of the governing boards that help guide our city? Here is a link to the list of boards and commissions: <http://www.trentonnj.org/documents/2017-2018%20rev%20Boards%20and%20Commissions.pdf>
- Have you signed up for our "News Only" email list? We promise to not deluge you with annoying emails. We will push out event flyers, *The Hilltone*, and any news that Lily, our president, needs you to know. To sign up, please email Kathi Eckert at [kathi325@gmail.com](mailto:kathi325@gmail.com). (And we promise to not share the list with anyone!!)
- If you have a new neighbor (within the last year or so), would you please share their contact information with [Candice Brearley](#)? She has graciously volunteered to be our "Welcome Wagon" greeter, and she is eager to meet and welcome newcomers to our neighborhood.
- We could **REALLY USE YOUR HELP** with articles and stories of interest from YOU—our neighbors. Perhaps an interesting story about a family trip,



your kids' recent achievements, special anniversaries, the history of your house, and the list goes on. Please send them to [kathi325@gmail.com](mailto:kathi325@gmail.com) . **Much thanks!!**

- Thank you to the **MANY** households who have opted out of the printed version of *The Hilltone*!!!! It saves our legs and our budget!! Anyone else???
- If you are not sure of your membership status for 2018, please contact Kathi Eckert [kathi325@gmail.com](mailto:kathi325@gmail.com)
- There is a new TrentonDaily email newsletter from Greater Trenton. The publication features people, organizations, initiatives, historic moments, events, arts & culture and more. To be on their email distribution list, contact [bevans@greatertrenton.org](mailto:bevans@greatertrenton.org)

## Archiving Our Treasures

By Dennis Wendell

With the Hiltonia centenary on the horizon, the Association is on the hunt for Hiltonia memorabilia to build a neighborhood archive. If you have objects, documents, or photos to contribute, please contact [Dennis Wendell](#) or [Terri O'Prey](#). Or, you can put them directly into the [Google Drive archive folder](#) created just for this project.

Archived treasures could make their way into a neighborhood book project—more to come on that endeavor in the next *Hilltone*!

## Notes from the President

By Lily Knezevich

Have you noticed a new energy and excitement in the city? There is a lot going on at City Hall, and it all points to efforts of the new administration to hit the ground running with a new vision for Trenton. There are new faces in City Hall, but I have also noticed a commitment to involve the residents of Trenton and the established community organizations in setting priorities for the future. The mayor attended our HA General Meeting, and stayed for the entire meeting. He listened to our concerns and gave out his contact information so he can hear directly from us.

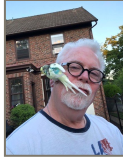
With the new administration, we have a new opportunity to get our message to City Hall: We need to partner with the city to solve recurring quality-of-life problems. Whether it be speeding cars, drug trafficking, pot holes, or violations of housing ordinances, we can make progress if the new cabinet and staff adopt an accountability mind-set. I am very encouraged that the mayor impanelled a transition team that focused on customer service, since true customer service will generate accountability. Please stay engaged as we work with City Hall to move Trenton forward.



## Budgie Visitor

By Becky Taylor

It was a sunny, warm June day. My husband and I were sitting in our newly fenced back yard when a pretty turquoise, yellow, and black feathered parakeet landed on the fence post. We'd just filled our bird feeders and were already being regaled by other brown, black, and red birds from the outskirts of Cadwalader Park when the foreigner arrived.



Both of us were startled, but as former budgie owners, we weren't shy. We didn't want to startle the little one but did begin walking slowly toward him. I threw air kisses. My husband didn't even need to do that. After a quick look at me, the bird flew onto Matt's head, then settled on his shoulder.

As Matt theorized, he must have been scared of the larger birds also swirling around the yard. He was asking us to rescue him in the only way he knew how.

We walked into the house with him, letting him settle on a window shade in the smallest room on the first floor. "I'll be back in a minute," Matt said, closing the door behind him.

About an hour later, he returned with a new birdcage, a huge bag of seed, and a big hanging chew toy. We placed the cage, with the door open, in the room where the budgie had perched. In a few minutes, he was in his new home.

The bird was so tame we agreed he must have been dearly loved. That meant we had to try to find his owners. We reached out to our neighbors in Hiltonia via our Google group, and to other nearby neighborhoods. We called pet shops in the area to let them know that if any of their customers were missing a parakeet, they should call us. And we checked the lost and found section of Craigslist.

In the meantime, Matt had named the bird Oliver, and I started calling him Ollie.

The next day, a kindly woman reached out to say she'd be happy to take Oliver off our hands. He wasn't hers, but she said she loved birds. Not so fast, we responded. We had already fallen in love.

Ollie's been with us for a while now. He has settled in, and so have we. Even our collie and dachshund have welcomed him to the family – from afar, of course.

## Dog Attack Protocols

Info provided by Bill Merz

There was a very tragic occurrence in our neighborhood in August. A resident's large dog aggressively attacked and severely mauled a neighbor's family pet cat. The cat was so severely injured that it had to be euthanized.

Would you know what to do in this event? When something like this happens, what is the reporting protocol? Who and which telephone numbers do we call, and in what order, especially if we need an immediate response if a human or animal is attacked or if there is a suspected rabid animal?

To make sure that everyone in the neighborhood knows what the specific protocol is, we reached out to Joseph Antonello, investigator for the Trenton Humane Law Enforcement department.

He urged us to call **911**. The number at the animal shelter is 609-989-3254. They are there Monday to Friday from 7-4. They are very short staffed and are on the road most of the time, so in an emergency, an attack in progress, etc. etc...**call 911**.

The police non-emergency number is 609-989-4000. That number can also be called to report a situation when animal control is closed or during the day if they do not answer. The non-emergency dispatch will reach out to them.

## Email Distribution & Opting-Out of the Printed Newsletter

We are trying to improve communication within the neighborhood, so we have created a new email list. If you received a duplicate newsletter, please let me know to which email address you would like to continue receiving the electronic version of *The Hilltone*.

We would also like you to consider "**opting-out**" of the printed form of *The Hilltone*. Please send me a note from your preferred email to [kathi325@gmail.com](mailto:kathi325@gmail.com) with your name, address, and phone with your wishes (email only or print only). **We will continue to distribute it in printed format if you so choose**, but we will need your name and address to compile a list of print recipients. Thanks!!!



## Hiltonia Book Club

By Terri O'Prey

The Hiltonia book club met at 7 Renfrew to chat about our impressions of Sherman Alexie's *The Absolutely True Diary of a Part-Time Indian* while feasting on the main character's favorite foods: peanut butter and jelly sandwiches, grapes, fried chicken, pizza, mac and cheese, chocolate pudding, and banana cream pie. Taking advantage of an opportunity to dust off her punch bowl, host Terri O'Prey served up a classic festive concoction.

It was an evening of good company, tasty food, and lively conversation that expanded beyond the book itself. The next book is *A Man Called Ove* by Fredrik Backman; our meeting date is Sunday, September 30<sup>th</sup>.

We welcome all interested readers and would be glad to include you in our notifications. Please contact Terri O'Prey ([taoprey@gmail.com](mailto:taoprey@gmail.com)) if you'd like to participate. Terri is sharing her punch recipe:

Pineapple Pink Lemonade Punch:

- Pineapple juice (46-ounce can)
- Ginger ale (1 liter)
- Frozen pink lemonade (2 cans)
- Prosecco (1 bottle)
- Frozen fruit (your choice)

Mix together juice, ginger ale, and mostly thawed lemonade (it's fine if it hasn't completely liquified, helps keep the punch cold); add Prosecco; add fruit.....enjoy!!!

## Hiltonia's Up at Bat

By Barry Giordano

We are definitely going to sponsor a Hiltonia team next season in the North Trenton Youth Baseball League. They are affiliated with the Cal Ripken national baseball program and the league now consists of 5 major and 3 minor division teams.

Our \$500 sponsorship allows us to name our team, and we will have a banner erected on the outfield fence honoring our sponsorship. If we can raise another \$500 we get a plaque and will be able to attend the annual league banquet as well as knowing we are supporting a good inner-city youth program.

The league plays at MLK Park off of Southard Street, which has a renovated field where the teams play their season from April until August. They also have an indoor facility where the kids can practice during the fall and winter months to keep their interest in baseball strong. They encourage us to attend games and come meet the players at any time.

The league is attempting to gain 501c3 status so they may qualify for various available grants. They are in need of someone with legal or accounting skills to help them through this difficult process, as they do not have the funds to hire anyone. Are you looking to give back to the youth of Trenton? Are you willing to lend your skills to their cause?

Our intention is to help and support the youth of our city. We hope to boost interest for this worthy program throughout the Hiltonia neighborhood. Hopefully you will come out and join us in the upcoming season and cheer on our team!!

## Calendar of Events

**September 20:** City Council Public Meeting; 5:30 PM, City Hall; 1<sup>st</sup> and 3<sup>rd</sup> Thursday of every month

**September 27:** Citizens Police Advisory Council (CPAC) meets on the 4<sup>th</sup> Thursday of every month from 6-7 PM at the Hermitage Police Substation (Hermitage & Artisan Avenues)

**September 28:** Ribbon cutting @ Cadwalader Park for the refurbished pavilion and playground; 10:00 AM

**September 29:** Household Hazardous Waste and Electronics Recycling, 8 AM to 2 PM; 350 Lawrence Station Road, Lawrence Township

**October 5:** First Friday Flamingo Social, TBA (host needed)

**October 11:** TCCA meeting, 7 PM, Thomas Edison State College, 111 West State Street (2<sup>nd</sup> Thursday of every month)

**October 28:** Children's Halloween Party from 3-5 PM at 205 Kensington Avenue

**November 2:** First Friday Flamingo Social, TBA

**November 8:** TCCA meeting, 7 PM, Thomas Edison State College, 111 West State Street (2<sup>nd</sup> Thursday of every month)

**November 14:** Wednesday, General Association Meeting, 7:00 PM, TBA (host needed)

**December 7:** First Friday Flamingo Social, TBA (host needed)

## NEIGHBORHOOD ADS

Do you have something to sell, trade or give away? Email Kathi at [kathi325@gmail.com](mailto:kathi325@gmail.com) if you want to place an ad in the next issue of *The Hilltone* (free to residents of Hiltonia).



## Worthy Projects

By Maureen and Jacques Lebel

At the May Hiltonia Association General Membership Meeting we accepted the assignment of succeeding Maria Spillmann as co-chairs of the Hiltonia Association's "Worthy Projects" initiative. This assignment entails periodically recommending projects for financial (or other) assistance from the Association.

At the September 11<sup>th</sup> Association meeting attendees discussed multiple "Worthy Projects" to which the Association might make contributions. The projects considered were those that residents of the neighborhood are involved with as staff, volunteers, clients, or advocates and that specifically target the Trenton population.

Attendees voted to contribute to Passages Theater Company and the Trenton Children's Chorus. Contributions of up to \$250.00 will be made to each "Worthy Project" based upon private matching contributions. Those interested in contributing to the match should contact Lily Knezevich at [LKnezevich@LSAC.org](mailto:LKnezevich@LSAC.org).

To determine future donations, we are preparing a list of organizations, programs, and events in which Hiltonia residents are involved as staff members, volunteers, clients, or advocates. Please send us what info you have (name, email, phone) of the person in Hiltonia who is involved and any other information you have about the program, organization, or event. Info will be held in confidence and used only in relation to our Worthy Projects assignment.

Please send information and questions to [drmlebel@aol.com](mailto:drmlebel@aol.com).

**Note from Lily:** The Hiltonia Association will be conducting two fundraisers, one for each of these worthy organizations. If you would like to participate, please make a check out to either Passages or the Trenton Children's Chorus (or one check for each) and deliver to me at 207 Renfrew. All donations need to be made by December 15<sup>th</sup>. The Hiltonia Association will match the total amount raised for each organization, up to a total of \$250.00 for each organization.

## Children's Halloween Party

**Save the date** and join us for Hiltonia's annual children's Halloween party. It will be held on Sunday, October 28<sup>th</sup>, from 3-5 PM at 205 Kensington Avenue. Come on out for a photo booth, sand art, Chick-fil-a, games, and more. In Hiltonia tradition, the kids will parade down the street in their costumes following the fire truck.

Please feel free to invite friends and relatives. More details to come! If you'd like to help, or have any questions, please contact Kathleen Coughlin: 856-397-3799. We hope to see you then!!



## 2018 Hiltonia Association Officers

**President:** Lily Knezevich,  
207 Renfrew Ave. (215-534-7739)

**1<sup>st</sup> Vice Presidents:** Dennis Wendell & Terri O'Prey, 7 Renfrew Ave.  
(732-996-6370; 732-996-6369)

**2<sup>nd</sup> Vice President:** Marcia Youngs, 1404 Stuyvesant Ave. (609-396-6072)

**Treasurer:** Jim Ambrosio,  
201 Renfrew Ave. (609-638-5827)

**Recording Secretary:** Margaret Mason,  
3 Cadwalader Dr. (609-656-0203)

**Corresponding Secretary:** Chrystal Miles, 9 Buckingham Ave.  
(609-575-1366)

## 2018 Chairs

**Adult's Social:** VACANCY

**Children's Social:** Kathleen Coughlin,  
205 Kensington Ave. (856-397-3799)

**Civic Committee:** Paulette Ayres,  
8 Renfrew Ave. (609-695-4656) and Jeannie Weakliem, 12 Hilvista Blvd.  
(609-577-7148)

**Communications:** Kathi Eckert,  
40 Glenwood Ave. (609-731-1705)

**Hospitality:** Georgia Wallar,  
2 Buckingham Ave. (609-695-8711)

**Membership:** VACANCY

**Publicity Committee:** Linda Reid,  
212 Renfrew Ave. (609-394-2314)

**Welcome Wagon:** Candice Brearley,  
128 Buckingham Ave. (609-393-8724)

**Worthy Projects:** Maureen & Jacques Lebel, 25 Cornwall Ave. (609-218-5124)



Meet one of our newest Hiltonia residents! Haddon Thomas Coughlin was born April 27, 2018, weighing 8 lbs. He was welcomed by four excited sisters and one ecstatic brother.



## Google Group Renamed

If you have recently tried to post to the Google neighborhood news group and it bounced back, not to worry. In an effort to redirect some of the threads that had been posted, the word "association" has been removed from the group's name.

Please change the address in your contacts/address books so that it is recognized for both sending and receiving purposes. To post to the "news board" (NOT the extended

conversation board), please use this address:  
[hiltonia@googlegroups.com](mailto:hiltonia@googlegroups.com).

## Car Break-Ins in Hiltonia

There have been several posts to the Google board recently about a spate of car break-ins in Hiltonia. There have been reports that someone is apparently using some kind of by-pass transponder to gain entry.

Cars were rifled through on

Kensington and Renfrew Avenues (that we know of). One car was locked in a closed garage and another was locked on a driveway. On Hilvista a neighbor reported that all their cars were broken into, with the windows broken as well (repeated times). Very recently a car was stolen from a driveway on Kensington.

We wanted you to be aware of these events. Please lock your cars and keep valuables and other items out of sight.

## Updated Hiltonia Website

By Kathi Eckert

It's been a long time in coming, but I am pleased to announce that there have been a lot of revisions made to our neighborhood website. I am not an expert at WordPress, but I am figuring it out. It is in no way finished, but definitely a work-in-progress.

My primary goals are to update the information, make the site easier to navigate, and keep it informative and relevant.

It was formerly set up as a blog to enable it to be interactive and give residents the opportunity to make comments. Instead, that format opened it up to over 300,000 illegal log-in attempts and over 1300 SPAM comments, with little or no commentary from neighbors. Thus the change to a more traditional setup. Comments and/or questions should be directed to the Association's president.

For our newer neighbors, the Hiltonia Association website address is [www.hiltoniaassociation.org](http://www.hiltoniaassociation.org). We have a calendar of events on the website. You can also install a Google app for the calendar on your phone. Thanks to Lily for maintaining that section!

- You can now download a current membership form (<http://hiltoniaassociation.org/2018-membership-form/>), archived minutes (<http://hiltoniaassociation.org/minutes/>), and more.
- **Contractor Recommendations**—there are two documents containing recommendations. The older document has recommendations that date back to 2008. Some of those folks may no longer be in business (let me know and I will delete them). The second document refers to any recommendations made in the last 1½ years on the Google board.

- **Contractor Referral Form:** Have you had some quality work performed in your home recently? Or perhaps it was less than stellar? Please fill out and send me the form, which can be downloaded from the website at <http://hiltoniaassociation.org/contractor-referral-form/>.

The next major area of work will be to get all *The Hilltones* and historic photos posted. Some of the drop-down menus have changed. I will continue to work on making it easier to navigate. Any suggestions for content are welcome!

### City Directory

(from the City's website)

Office of the Mayor,	609-989-3030
Office of the City Clerk,	609-989-3187
Administration,	609-989-3807
Finance,	609-989-3034
Fire & Emergency Services,	609-989-4038
Health & Human Services,	609-989-3331
Housing and Economic Development,	609-989-3504
Inspections,	609-989-3550
Law,	609-989-3011
Public Works,	609-989-3151
Police Department,	609-989-4055/4170/911
Recreation, Natural Resources and Culture,	609-989-3635

- Robin Vaughn, West Ward Councilwoman, 609-989-3187; [rvaughn@trentonnj.org](mailto:rvaughn@trentonnj.org)
- Detective Tamika Veal, 609-215-2501



## Ten Dollars Goes a Long Way: Let's Turn on the Lights on October 31<sup>st</sup>

By Kathleen Coughlin

I read the city police blotter. I don't know why I keep reading it. I never feel better about the city after reading it. It does provide an important reality check, however. Being informed about city crime keeps me alert as a citizen and as a parent. It also helps me ask the question, "What positive influence can I have in a struggling city?" Sometimes it's easy to get overwhelmed by the various hurdles Trenton faces, but there are small yet significant things residents can do to improve morale and give joy to others.

Last year, Nicole Brossoie of Buckingham Avenue said that Halloween was the best night in Hiltonia for trick-or-treaters since she moved in over 20 years ago. Neighbor Jennifer Greene corroborated Nicole's assessment and even said that she had "as much fun as the kids and families coming around." As Nicole and Jennifer passed out candy, they had something in common: **joy**. It is truly a joy to pass out candy to children; over 200 children came to their houses, in fact.

Don't get intimidated by the number. There are many ways to give out 200 pieces of candy, and not all have to be expensive. BJ's, Costco, Walmart, and Target all offer bulk candy at a reasonable price. Oriental Trading even lets you order in bulk online. For \$10, you can get plenty of Dum Dums or the like. For \$20, you can purchase 200 pieces of chocolate candy. Think about it: \$20 gives joy to 200 children and in return you get something greater—your own joy, neighborhood camaraderie, and a more positive reputation for the neighborhood and the city. Sounds like a good deal.

Join the movement for joy in this city and turn on your lights on October 31<sup>st</sup>. Be a beacon for change. If you have trouble leaving the house to buy candy but want to participate, please don't hesitate to contact me for help.

### Halloween Hints to Attract More Trick-or-Treaters

- Turn on outdoor and indoor lighting to alert trick-or-treaters that you are open for business.
- Consider setting up a table or chair outside to welcome more children and make it convenient for them. Get yourself some hot chocolate and enjoy the brisk October air!
- Plug in that extra floodlight you have in the basement to draw attention.
- If you're feeling crazy, give out full-size candy bars. If you buy them, they will come.
- Find the "boom box" or iPod and turn it on.

## The Cookie Jar

Vanilla Dreams

Georgia created these tasty morsels for our last general meeting. They are simply delicious!

- 1¼ cups sugar
- 1 cup (2 sticks) unsalted butter
- 1 teaspoon salt
- 2 teaspoons vanilla extract
- 2 cups King Arthur unbleached all-purpose flour
- ½ teaspoon baking powder



Coarse sugar or granulated sugar for coating

Preheat the oven to 300 degrees. Lightly grease (or line with parchment) 2 baking sheets.

Beat together the sugar, butter, salt, and vanilla until mixed.

Add the flour and baking powder, and beat for up to 5 minutes, until the dough comes together (it will seem quite dry at first, but keep beating; eventually it'll clump up and become cohesive).

Break off pieces of dough about the size of a large gumball. Roll them into balls, then roll them in the sugar.

Put them on the prepared baking sheets, and use the bottom of a glass to flatten the balls to about ¼ inch thick.

Bake the cookies for 25 to 30 minutes, until they're a very light golden brown around the edges.

Remove them from the oven, and transfer them to a rack to cool. Yield: 34 cookies

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