



THE HILLTONE

HILTONIA ASSOCIATION NEWSLETTER
Summer 2003

En"deer"ing Managerie Delights Park Visitors, *Melinda Chance*

The deer paddock is one of Cadwalader Parks' most popular features. The 4.6 acre parcel of land is home to deer, chickens, roosters, rabbits, domestic and Canadian geese.

The paddock was established in March of 1985 to accommodate deer that had been presented to the park commission. The paddock currently has forty-one European fallow deer. Their main diet consists of a feed mixture called scratch, a mixture of cracked corn, soybean oil and other assorted grains. Does, pregnant for nine months from October to June, usually give birth to one fawn weighing between 10-12 pounds. As in the wild, the mother typically keeps a distance from her newborn to avoid drawing the attention of any nearby predators.

Bucks lose their antlers sometime between April and May. As new antlers grow, they develop "felt," a soft covering. Over time this becomes itchy, causing the deer to rub their antlers on trees or wooden posts to remove the felt. Bucks spend much of the fall season "rutting" – another term for mating. When the population gets too large, the herd is thinned by removing a portion of the deer to a preserve in New York State.

The paddock is also home to ap-

proximately 35 domestic geese and frequent visiting neighbors from the north, Canadian geese. Each mother goose may lay between 18-20 eggs from the beginning of spring through summer. Chickens were introduced to



the paddock after Trenton Animal Control found one illegal chicken living in the city. That one chicken has grown to quite a few!

Myron Korinok, senior park maintenance worker and animal caretaker, works for the Trenton City Department of Natural Resources. Myron has lovingly cared for the park animals over the past ten years. His favorite story occurred about 4 years

ago when a 1 ½ month old deer made friends with a rabbit. This strange pair played together and even rested side by side. Since Myron has been taking care of the animals, he has seen Great Blue Herons, a regular summer visitor, white Egrets, red tailed hawks, large turtles and snakes. The paddock area was even home at one time to a horse and a pot bellied pig.

Hiltonia residents may recall the recent addition of four turkeys. The turkeys quickly became a very popular attraction as they followed the children outside the fence with their distinctive gobbling quartet. The turkeys also befriended Myron Korinok and could usually be found by his side. Unfortunately, one turkey became ill and died. The three remaining turkeys became ill-tempered and began pecking and jumping on Myron. They are reported to be doing fine on a farm in upstate Pennsylvania.

Veterinarian Dr. Markway visits on Fridays to assess the health of the animals and to provide necessary medical care.

The two barns in the paddock area were built in 1913. Feed is stored in the large barn and the

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Books by the Yard (Sale), *Andrea Lehman*

Attention all book lovers. Here's your chance to clean out your shelves, pick up some good reads inexpensively, AND help both Hiltonia and local libraries. The Hiltonia Association's 2003 fund-raiser is a used-book sale, taking place the same day as the neighborhood yard sale – June 14. The sale will take place in front of the Friermans' home (14 Renfrew Avenue) and, with your help, will feature everything from soup (cookbooks) to nuts to crack (mysteries). All funds raised will go to the association, and books that do not sell will in all likelihood be donated to the Trenton Public Library. (Because the book sale is occurring in the spring, the Hiltonia garden tour fund-raiser will return next year as a biennial event.)

Anyone interested in donating books (or in helping before or during the sale) should simply call Cathe Frierman (394-3556) in advance to arrange a drop-off. Anyone interested in buying books need only show up on the day of the sale, ready to grab some bargains for a good cause. Hope to see you there.

(En "deer"ing, continued from page 1)

smaller structure, equipped with straw for warmth and bedding, provides shelter. It also houses a boat for pond emergencies. A few weeks ago the boat was used to rescue a neighborhood dog stranded on the island in the upper pond.

The paddock animals provide joy to children of all ages. The future of the deer paddock appears bright. When preparing the master plan for Cadwalader Park, consultants found public sentiment running very high for keeping the deer in Cadwalader Park. The March 2000 Master Plan for Cadwalader Park proposes that the animal barn be rehabilitated as an environmental educational center. The proposal would allow visitors greater visibility to the paddock through a landscaped fence.

Many thanks to Myron Korinok, pictured right, for graciously providing information for this article. The March 2000 Master plan also served as a resource.



The Joys of Walking, Zara D'Antignac

Walking is the most natural exercise in the world. Walking is low impact and strengthens your heart, lungs and muscles. You burn lots of calories. If you walk at 2 mph you burn 240 calories an hour. Walking at 4 mph burns 440 calories an hour. No matter what your age, fitness level, shape, or size, walking is good for you.

We are very fortunate to have a neighborhood that is beautiful all year round. I enjoy walking up and down the streets of Hiltonia and through the park. Walking stimulates contemplation and increases the power of concentration. While walking, your mind becomes a fountain of ideas and, if you have problems, each step seems to bring some solutions a bit closer. And there are so many benefits from breathing all of that fresh air.

You begin to notice details. Have you noticed the beauty of our neighborhood – that beautiful garden, the private alcove, the architecture and uniqueness of each home and its landscape? The decorative brick driveways and the variety of our flowers and shrubs all year round? The cool contemplative silence of early morning? The squirrels, opossums, rabbits, badger, deer?

I like an early morning walk. But you can tailor your walking routine to your schedule and frame of mind. An evening walk to clear away the stresses of the day is also wonderful. Make walking a part of your daily routine. You can walk alone or with a buddy. There is more incentive when you know that someone else will know that you didn't take your walk today.

Walking Tips

- Always stretch before and after your walk.
- Walk with your chest lifted, shoulders relaxed and abs in (to protect your back).
- Let your heel hit the ground first then roll onto the ball of your foot.
- Keep your arms slightly bent. You don't have to swing them hard.
- Let someone know where you're going and when you'll be back. Carry identification with you when exercising outside the home.

Benefits of walking and other regular physical activity include

Improved Health

- increased efficiency of heart and lungs
- reduced cholesterol levels
- increased muscle strength
- reduced blood pressure
- reduced risk of major illnesses such as diabetes and heart disease
- weight loss

Improved Sense of Well-Being

- more energy
- less stress
- improved quality of sleep
- improved ability to cope with stress
- increased mental acuity

Improved Appearance

- weight loss
- toned muscles
- improved posture

Enhanced Social Life

- improved self-image
- increased opportunities to make new friends
- increased opportunities to share an activity with friends or family members

Increased Stamina

- increased productivity
- increased physical capabilities
- less frequent injuries
- improved immunity to minor illnesses

When it's hot or humid

- Exercise during cooler and/or less humid times of day. Try early morning or evening.
- Drink plenty of fluids, especially water. Avoid alcohol, which encourages dehydration.
- Wear light, loose-fitting clothing.
- Stop at the first sign of muscle cramping or dizziness.

When it's cold:

- Dress in layers.
- Wear gloves or mittens to protect your hands.
- Wear a hat or cap. Up to 40% of body heat is lost through your neck and head.
- Adjust the size of your shoes if you need to wear thicker socks.
- Warm up slowly.
- Drink plenty of fluids. You can get dehydrated in the winter, too.
- Stop if you experience shivering, drowsiness or disorientation. You may need help for hypothermia.

Wedding bells to ring in spring and summer for neighbors Jim Gunsalus and Amy Hellickson who will be married in May and for Janine Carabelli (daughter of Anthony and Carol Carabelli) and Dr. Massimo Verducci who are planning an August wedding. Congratulations and best wishes to both couples.

Happy Birthday

Marc Mole'	April 4
Matthew Kutch	April 6
Willa Rowan	April 16
Dominic Rabara-Brokate	April 20
Owen Leynes	April 21
Amanda Pintella	April 21
Adam Porroni	April 27
Samantha Bowers	May 12
Michael Brashier	May 13
Joshua Rabara-Brokate	May 13
Emilio Valentia	May 16
Alexis Thomas	May 20
Vanessa Woolfolk	July 23
Alaina D'Arcangelo	July 27
Jessica Matthews-Lehman	August 3
Riley Calpin	August 12
Sterling Zeppenfeld	August 15



Belated Birthday Wishes to our neighborhood triplets. Aubrey, Abriella and Aidan Crowder celebrated their first birthday on January 31.

If you have an occasion you would like recognized, please notify a member of The Hilltone Publishing Committee.

Hiltonia Events Calendar

May 13	May General Meeting, 7:30 PM At the new West Ward Firehouse Speaker: Dennis Keenan, Fire Director
June 14	Annual Yard Sale combined with the first Association Fund-raiser Book Sale
June 21	Annual Summer Garden Party At the home of Don and Georgia Wallar
Sept. 16	September General Meeting and Annual Potluck at Ellarslie

Remember, Early Bird gets the sale!

If you want the serious buyers to look at your wares on June 14, have them out early when the streets are being patrolled for good buys. Palmer Lane will also be having their yard sale the same day, so we should get lots of buyers.

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Thanks to everyone who contributed to this edition of The Hilltone. If you have a story to share, an announcement or an idea for an article, please contact a member of The Hilltone Publishing Committee.

Islands of Hope for Low Income Kids in Trenton,

Cathe Frierman

In February this year I had an opportunity to visit a Trenton organization that sows seeds for the future, fosters self-sufficient families and creates islands of development. You've heard of this organization. It's ISLES, founded twenty years ago by Marty Johnson as a community development and environmental improvement organization. Today Isles is a bevy of six programs designed to help families in pockets of poverty throughout the capital region.

Each and every program that Isles offers merits attention, but I want to focus on one that I found really exciting, the YouthBuild program. Currently YouthBuild serves 71 local kids by providing three meals a day, a school education, trade training in construction and building, and a mandatory recreational program. If you can believe the day of our big snow storm this winter, when everything closed, and kids all over the region were rejoicing at another snow day, 42 kids showed up at Isles for school that

day. Now that's commitment.

Begun seven years ago, YouthBuild takes kids between the ages of 16 and 24 who are seeking a detour off the path to nowhere and offers them an opportunity to learn basic construction skills, develop a healthy work ethic and learn to appreciate the value of education. The kids take pride in their accomplishments and truly appreciate the opportunity to turn their lives around. This is a program that Trenton kids can really use.

Like all the other programs that Isles sponsors, YouthBuild is dependent on community support. Approximately 50% of the annual income for Isles comes from the community. I hope that all of you will think about adding Isles to the list of organizations that you support. They help our children, our seniors and our community. Donations can be made to Isles at 10 Wood Street, Trenton, NJ 08618.

CitySmiles, *Jennifer Leynes*

CitySmiles is a nonprofit organization that promotes Trenton as a great place to learn, play and raise a family in a diverse and inspiring environment. Fulfilling its goal to highlight diversity, CitySmiles includes a variety of racial and ethnic groups in its programming. The group has previously sponsored a Winter Solstice celebration in Mill Hill Park and a Spring Celebration in the garden of the Trenton Public Library. In April, the group cosponsored with the Conduit the People and the Planet Family Concert featuring Ella Jenkins. Ms. Jenkins is an African-American children's artist who encourages active participation using

music from diverse cultures.

In addition to these fun family activities, CitySmiles is also involved in an ongoing dialogue with the Trenton City Schools in an effort to identify ways to make the city school system work for all city residents. The group is also involved in a pilot program for preschool-age children at Cadwalader Park and is attempting to secure usage of a facility downtown for meetings, playgroups, and other activities.

If you are interested in learning more about CitySmiles, please contact Jennifer Leynes at 656-9565 or jbleynes@yahoo.com.

Hiltonia's Children Need Your Help

In order to continue to provide the level of activities that the Hiltonia Association has always sponsored for neighborhood children, we need someone to chair the subcommittee for children's activities. The subcommittee usually plans just three events a year: the Easter Egg Hunt, the Halloween Parade and the Christmas Party. The new chair will work with a well-established committee that will provide a lot of help in organizing the events.

I sincerely hope someone will be interested in this position so that the association can continue to support these popular children's activities. If you are interested,

please contact Cathe Frierman at 394-3556 or mcfrerman@comcast.net.

Also needed are volunteers to help with the fund-raising committee. This committee helps to organize events that support the association and/or worthy projects. This year we are planning the book sale and possibly a concert in the fall. If you are interested in being on this committee, please call Andrea Lehman at 392-1562.

Association committees are the backbone of our organization. Please show your support by getting involved. Thank you, Cathe Frierman, president.

Did You Know?

One of our neighbors on Stuyvesant Avenue has two pet turtles, Winken and Blinken, who are 51 years old. She purchased them when she moved into her house in Hiltonia. What lucky turtles they are to have the love and devotion of one family for 51 years.

Watch for new signs along Cadwalader Park
from Stuyvesant to Hilvista:
NO PARKING FROM DUSK TO DAWN

Have you paid your dues yet?
2003 Hiltonia Membership Dues are due now.
