



# TOWNSHIP OF SOUTHAMPTON

5 Retreat Road, Southampton, NJ 08088  
(609) 859-2736

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

## FEBRUARY 2023 NEWS



### In this issue:

Update to phone system

Leaf Collection\

Trash information

Office Closure

Historic Vincentown

Rabies Clinics

National Heart Month

Calorie information

Dispose of Old Meds

Black History Month

National Days

### TAXES ARE DUE!

Payment for taxes due

February 1<sup>st</sup>

(with grace period to  
February 10<sup>th</sup>)

### MEETINGS

Planning Board Meeting: 02/02/2023, 6 pm

Zoning Board Meeting: 02/09/2023, 7:30 pm

Preservation Commission 02/15/2023, 7 pm

Southampton Recreation Commission 02/15/2023 7 pm

Planning Board Workshop Meeting: 02/16/2023, 6 pm

Committee Meeting: 02/21/2023, 6 pm

### Office closed on the following dates:

Monday, February 20 – President's Day  
Trash will be picked up on Tues. February 21

### Quote:

**"Being deeply loved by someone gives you strength, while loving someone deeply gives you courage" – Lao Tzu**

Greetings fellow Southampton residents:

I want to thank those residents who participated in the recent BPU meeting which was held in January related to water and sewer rate increases. On behalf of the Township Committee, we appreciate all the thoughtful comments spoken during the hearing. Now we will have to wait for the BPU's decision.

Just a few reminders as we (hopefully) get closer to Spring...please call the Township if you need leaf pick up. The leaves must be in bags, and not just raked to the street.

Have a great February and as always, please do not hesitate to reach out to us if we can be of any assistance (Clerks office: 609 859-2736 Option 5).

*Mayor Michael Mikulski*

Update to the phone system installed at  
5 Retreat Road.  
(Subject to Change)

Call 609 859-2736 and below are the extensions:

1. **Construction and Planning Board Secretary**
2. **Tax Collection Office**
3. **Vital Statistics – Marriage License, Birth and Death Certificates**
4. **Tax Assessor**
5. **Clerk's Office – General questions and Public Works**
6. **Finance**
7. **Zoning Officer**
8. **Code Enforcement**
9. **Court Extension 1022– This will transfer you to the Court**
0. **Administrator**

---

### Leaf Collection

Leaves will be picked up in **bags** only.

Do not rake to the curb. Leaves will be picked up Until February 28, 2023.



You must call 609 859-2736 Option 5 to be placed on a pick up list.

No more than 10 bags of leaves will be picked up at a time.

If the leaves are in the trash, your trash will NOT be picked up.

Brush pick up will begin in April.

---

### **TAXES ARE DUE**

Taxes are due February 1, 2023. You can drop off your taxes in the mail box by the office or mail in to 5 Retreat Road, Southampton, NJ 08088. Remember to sign up for the ANCHOR Program which takes the place of the NJ Homestead Rebate.

---

### **Trash Reminders:**

Trash cans should not be more than 45 gallons and must have a detached lid. Trash in can should weigh no more than **65** pounds. The bags should not weigh more than **50** pounds. Trash should be placed on the curb after 6 pm on the previous day. No more than 5 pieces of trash at one time – including 1 piece of furniture.

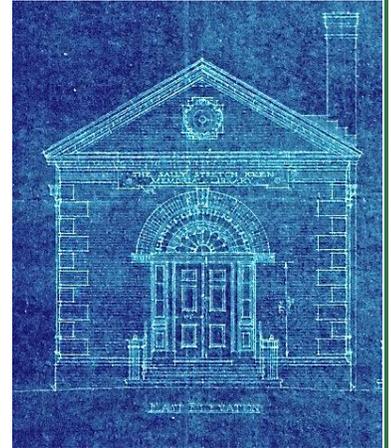
For more information please go to the website

[https://www.southamptonnj.org/government/public\\_works/trash\\_\\_\\_recycling.php](https://www.southamptonnj.org/government/public_works/trash___recycling.php)

# Sally Stretch Keen Memorial Library Celebrates 100 Years in Operation!!

The first public library in the village of Vincentown was privately owned by John G. Herbert, who loaned his books to the residents. The library known as Mr. Herbert's Library, was located on Plum Street, as was his "Select School" (1858-1898). How long this library was in existence or what happened to it is not known, for the family has long since faded out of the community.

The Village Improvement Association (a women's club) started a public library in 1920 or 1921. Unfortunately, the minutes of this group have been lost, so little or nothing is known of its place in the township. It first occupied a room at 49 Main Street; later it was moved to 80 Main Street. Martha Branson (Mrs. William Ewen) was the librarian. The services of the library were terminated and its books were transferred to the new library, the Sally Stretch Keen Memorial Library.



In 1923, the Sally Stretch Keen Memorial Library, a "trim red-brick building" was built and endowed by Mary Stretch Irick Drexel (Mrs. George W. Childs Drexel of Bryn Mawr, Pennsylvania) in memory of her mother, Sally Stretch (Trick) Keen, a resident of the Vincentown area (her home known as "Locust Grove"). The architects were Stewardson and Page, Philadelphia; the builders, George W. Shaner & Son, Palmyra. The low original bid was \$18,814; the revised bid on modified plans is not recorded, but undoubtedly was lower.

The area served was the Township of Southampton (42.61 square miles) and an area within a foul mile radius of Vincentown. The population of the township in 1920 was under 1,000; in 1940 it was 1,813; and 1960 it was 3,166.

The Sally Stretch Keen Memorial Library was dedicated June 18, 1923, with carefully planned ceremonies; a real social event for the quiet village of Vincentown. A newspaper account of this is pasted in the front of the first minute book.



# 2023 Free Rabies Clinics in Burlington County



Medford Lakes

**February 25<sup>th</sup> 9AM-12PM**

Oaks Hall

1 Cabin Circle

Medford Lakes, 08055

Mansfield Township

**March 4<sup>th</sup> 9AM-12PM**

Municipal Building

3135 Route 206 South Suite 1

Columbus, 08022

Mount Laurel Township

**March 23<sup>rd</sup> 3PM-6PM**

100 Mount Laurel Road

Mount Laurel, 08054

Willingboro Township

**May 10<sup>th</sup> 4PM-7PM**

Millcreek Park

Willingboro, 08046

Burlington Township

**November 4<sup>th</sup> 9AM-12PM**

Garage behind Municipal Building

851 Old York Rd

Burlington, 08016

Delanco Township

**November 4<sup>th</sup> 9AM-11AM**

Public Works Garage

Delanco, 08075



# 7

## heart-healthy tips

### 1 | GET ACTIVE

30 minutes of activity a day can help prevent heart attacks and strokes.



### 2 | STOP SMOKING

Your risk of coronary heart disease will be 1/2 within 1 year.



### 3 | MAINTAIN A HEALTHY WEIGHT

Keeping a healthy weight is key in controlling your blood pressure and lowering your risk of heart disease.



Source: World Heart Federation

### 4 | KNOW YOUR NUMBERS

High blood pressure is the #1 risk factor for stroke and a major factor for around 1/2 of all heart disease and stroke.



### 5 | EAT HEALTHILY

A diet low in saturated fats and rich in fruit and veggies can lower your risk of heart disease by 73 percent.



### 6 | KNOW THE WARNING SIGNS

Heart attack symptoms often look different for women.



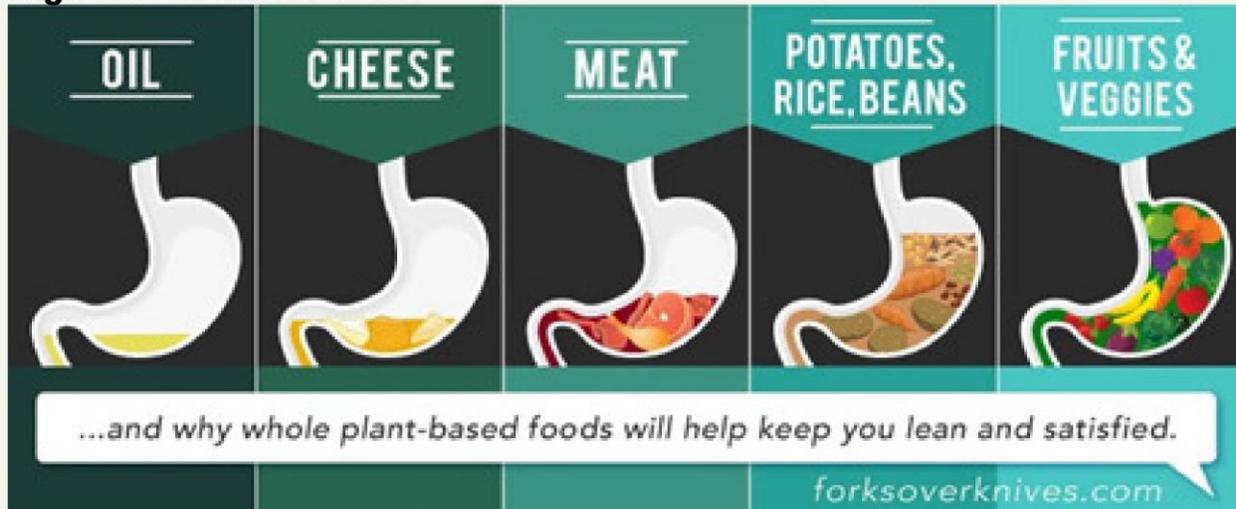
### 7 | TAKE YOUR MEDS

Carefully take any medication your doctor has prescribed.

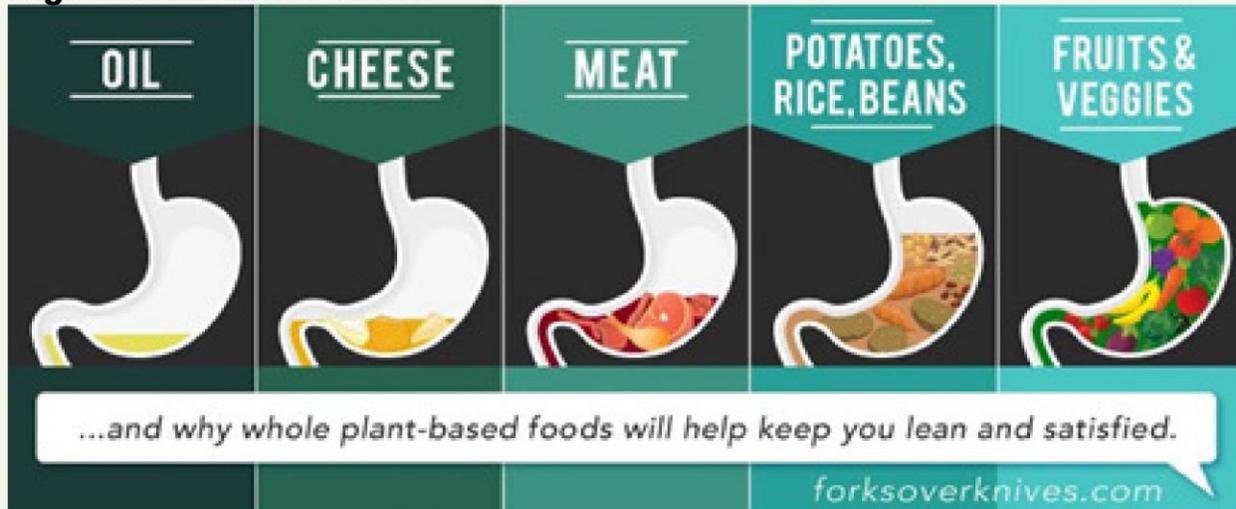


## What 500 Calories Looks Like In Your Stomach

### High-calorie dense foods



### Low-calorie dense foods



...and why whole plant-based foods will help keep you lean and satisfied.

[forksoverknives.com](http://forksoverknives.com)

One S.A.D. fact is that sixty percent of America's calories come from refined and processed foods including soft drinks and packaged snacks. Only twelve percent of the calories come from plant-based foods with six percent coming from health-promoting vegetables, fruits, whole grains, nuts and seeds and the other six percent, unfortunately, coming from French fries!

When eating a diet high in calorie dense foods, getting to 500 calories comes quickly on very little food. Looking at the image above, it only takes about 4 tablespoons of oil to get to 500 calories. Do you think someone would feel satisfied after that? It hardly fills a corner of the stomach. However, when consuming whole grains, beans, fruits and veggies, you can easily see the difference in the volume of food that can be eaten for those same 500 calories. The stomach is full leaving one feeling satiated, not to mention all the valuable nutrients obtained from that one meal.

**Filling your plate with more food from plants will leave you feeling fuller, provides many more nutrients and has less calories. Plus it supports healthy gut bacteria!**





**The effort to stop the abuse and diversion of prescription drugs begins at home. The drop boxes accept solid pharmaceuticals such as pills, capsules, patches, inhalers, and pet medications. They cannot accept syringes or liquids.**

Burlington City Police Department	525 High Street Burlington, NJ 08016	Monday-Friday 9:00 am –5:00 pm	(609) 386-0262
Burlington Township Police Department	851 Old York Road Burlington Twp, NJ 08016	Sunday—Saturday 24 Hours	(609) 386-2019
Bordentown City Police Department	324 Farnsworth Ave Bordentown, NJ 08505	Monday—Friday 8:00 am—4:00 pm	(609) 298-0103
Bordentown Township Police Department	1 Municipal Drive Bordentown, NJ 08505	Monday—Friday 9:00 am—4:30 am	(609) 289-4300
Delran Police Department	900S Chester Avenue Delran, NJ 08075	Sunday—Saturday 24 Hours	(865) 461-4498
Eastampton Police Department	1380 Woodlande Road Eastampton, NJ 08060	Monday—Friday 8:30 am—4:30 pm	(609) 261-1717
Evesham Police Department	984 Tuckerton Road Marlton, NJ 08053	Sunday—Saturday 24 Hours	(856) 983-2900
Lumberton Police department	35 Municipal Drive Lumberton NJ 08048	Monday—Friday 8:00 am—4:00 pm	(609) 267-1111
Mansfield Township Police Department	3135 Route 206 Columbus, NJ 08022	Monday—Friday 8:00 am—3:30 pm	(609) 298-4411
Maple Shade Police Department	200 Stiles Avenue Maple Shade, NJ 08052	Sunday—Saturday 24 Hours	(856) 779 7111
McGuire-Dix-Lakehurst (Military Base)	3021 McGuire Boulevard Trenton, NJ 08641	Sunday—Saturday 24 Hours	(609) 754-1100
Medford Lakes Police Department	1 Cabin Circle Drive Medford Lakes, NJ 08055	Monday—Friday 8:00 am—4:30 pm	(609) 654-2156
Medford Township Police Department	91 Union Street Medford, NJ 08055	Monday—Friday 8:30 am—4:30 pm	(609) 654-7511
Mount Holly Police Department	230 Washington Street Mount Holly, NJ 08060	Monday—Thursday 8:00 am—4:30 pm	(609) 845-1192
Mount Laurel Police Department	100 Mount Laurel Road Mount Laurel, NJ 08054	Monday—Friday 8:00 am—10:00 pm	(856) 234-1414
Moorestown Police Department	1245 North Church Street Moorestown, NJ 08057	Monday—Friday 8:30 am—4:30 pm	(856) 234-8300
New Jersey State Police	1722 Route 206 Southampton, NJ 08088	Sunday—Saturday 24 Hours	(609) 859-2282
North Hanover Police Department	41 Schoolhouse Road Jacobstown, NJ 08057	Sunday—Saturday 24 Hours	(609) 758-2522
Palmyra Police Department	20 West Broad Street Palmyra, NJ 08065	Monday—Friday 8:30 am—4:30 pm	(856) 829-0198
Riverside Police Department	1 W. Scott Street Riverside, NJ 08075	Sunday—Saturday 24 Hours	(609) 461-8820
Westampton Police Department	710 Rancocas Road Westampton, NJ 08060	Monday—Thursday 8:00 am—4:00 pm	(609) 267-3000

FEBRUARY IS



HISTORY MONTH

Black History Month is an annual celebration of achievements and a time for recognizing the central role and contributions of black people in U.S. and world history.



**REMEMBER, EDUCATE, CELEBRATE.**

BLACK HISTORY MONTH



## **February 2023**

### **Date**

### **Name of Important Days**

<b>1 February</b>	<b>Indian Coast Guard Day</b>
<b>2 February</b>	<b>World Wetlands Day</b>
<b>4 February</b>	<b>World Cancer Day</b>
<b>6 February to 12 February</b>	<b>International Development Week</b>
<b>10 February</b>	<b>National De-worming Day</b>
<b>11 February</b>	<b>World Day of the Sick</b>
<b>11 February</b>	<b>International Day of Women and Girls in Science</b>
<b>12 February</b>	<b>Darwin Day</b>
<b>12 February</b>	<b>Abraham Lincoln's Birthday</b>
<b>12 February</b>	<b>National Productivity Day</b>
<b>13 February</b>	<b>World Radio Day</b>
<b>13 February</b>	<b>Sarojini Naidu Birth Anniversary</b>
<b>14 February</b>	<b>Saint Valentine's Day</b>
<b>18 February to 27 February</b>	<b>Taj Mahotsav</b>
<b>20 February</b>	<b>Arunachal Pradesh Foundation Day</b>
<b>20 February</b>	<b>World Day of Social Justice</b>
<b>21 February</b>	<b>International Mother Language Day</b>
<b>22 February</b>	<b>World Scout Day</b>
<b>24 February</b>	<b>Central Excise Day</b>
<b>27 February</b>	<b>World NGO Day</b>
<b>28 February</b>	<b>National Science Day</b>
<b>28 February</b>	<b>Rare Disease Day...</b>