



# TOWNSHIP OF SOUTHAMPTON

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

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

## MARCH 2023 NEWS



### MEETINGS

#### In this issue:

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Capt. Guy Bryan House  
STRA Baseball  
Easter Egg Hunt  
Rabies Clinics  
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Shredding Event  
Bingo Event  
Creating Healthy Habits

Planning Board Meeting: 03/02/2023, 6 pm  
Zoning Board Meeting: 03/09/2023, 7:30 pm  
Preservation Commission 03/15/2023, 7 pm  
Southampton Recreation Commission 03/14/2023 7 pm  
Planning Board Workshop Meeting: 03/16/2023, 6 pm  
Committee Meeting: 03/21/2023, 6 pm

#### **Quote for the Month:**

**“You are under no obligations to be the same person you were five minutes ago.” – Alan Watts**

Greetings fellow Southampton Residents,

Spring is almost here! On behalf of the Township Committee, our Administrator, Ms. Hoffman, and all our staff – we hope all is well. We are looking forward to the Annual Easter Egg Hunt on April 1st. This is always a great time for the children at the Red Lion Recreation Park.

Last month, the ambulance was delivered to Hampton Lake Emergency Squad. Other news in town includes the soon to be expected delivery of the newest fire truck to support the Township, specifically a “Tender Truck” (i.e. water tanker) that is being provided for the Hampton Lakes Fire Department. . While we are talking about the Fire Companies, it is always a good time to thank the volunteers who serve our community as members the Hampton Lakes Fire Company, Vincent Fire Company and the Hampton Lakes Emergency Squad.

Planning is underway for the Memorial Day Parade, the July Fireworks and the Summer Concert Series.

As always, we welcome any questions or input you may have for the betterment of our community. (Clerk’s office: 609 859-2736 Option 5) Stay well and Stay SAFE.

*Mayor Michael Mikulski*

## Road Closure

Be aware that Big Hill Road will be closed from Retreat to Route 70 until March 3 possibly March 15.

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## Brush Collection

Brush will be picked April 1 to April 31.

Place brush at the curb, all cut ends in the same direction, 4 to 5 foot lengths. The pile cannot be larger than 4 foot by 5 foot by 4 foot high.

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



## 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)

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## **Captain Guy Bryan House**

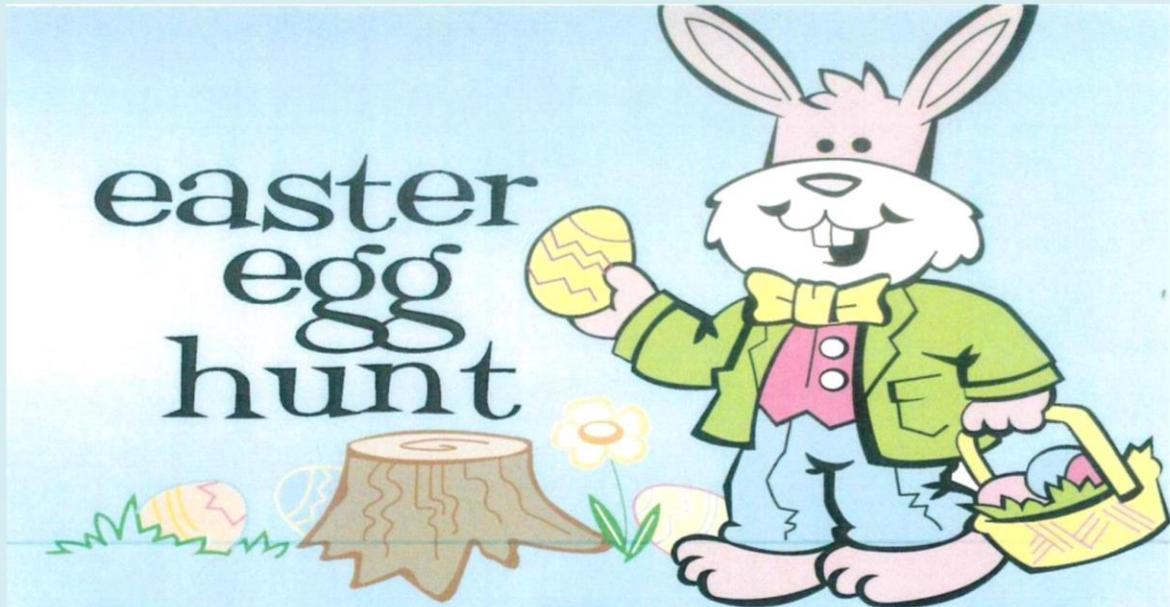
Capt. Guy Bryan's House was built 1862 and is located at 64 Mill Street, Vincentown, NJ. It is an Italianate-type house.

During the Civil War, Guy Bryan served as Captain of Companies I & K in the 5th Regiment of New Jersey Infantry Volunteers. He was a founding officer of the Vincentown Fire Company No. 1 in 1850 and cashier for the First National Bank of Vincentown after it formed in 1864.



Southampton Township Recreation Association  
**Coming in April 16 at 1 pm**

Baseball/Softball Opening Day: April 16th  
Registration for summer basketball will be available April 15



**Saturday, April 1**

**10 am Sharp**

**Please arrive by 9:45 am**

**The event will be held at the  
Southampton Township  
Red Lion Recreation Center  
459 Red Lion Road**

**Participating Volunteers**

Hampton Lakes Fire Co. No. 1  
Vincent Fire Co. No. 1



# 2023 Free Rabies Clinics in Burlington County



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



**American  
Red Cross**

## First Responder Direct Disaster Number

To request assistance for a home fire or other disaster call the American Red Cross National Dispatch Center:

**833-583-3111**



This shortcut phone number circumvents the 1-800-REDCROSS phone tree designed for clients and routes directly to National Dispatch. Please note that this phone number is only for first responders and should not be shared with the general public.

SPRING 2023

# PAPER SHREDDING EVENTS

**SUNDAY** **MARCH 26**  
**APRIL 23**  
and  
**MAY 21**

All events are from 9 AM until 1 PM\*  
**RAIN OR SHINE**

**Burlington County  
Resource Recovery Complex (Landfill)**

22000 Burlington-Columbus Road  
Florence, NJ 08518 (Exit 52A off I-295)

**\*EVENTS MAY END PRIOR TO 1PM IF  
SHREDDING TRUCKS REACH CAPACITY.**

Now is a great time to purge your home of old financial papers and sensitive documents. The Burlington County Board of Commissioners is offering three free paper shredding events this spring to help you properly dispose of these documents. Please save the dates and take advantage of this great County service.



– Tom Pullion, Deputy Director,  
Board of County Commissioners



**Find Paper Shredding dates and more!**



Download the **FREE** app today!



- ✓ You must remain in your car.
- ✓ Paper must be placed in trunk, cargo area or truck bed, easily accessible to staff, who will remove it from the vehicle.
- ✓ **Confidential files ONLY -  
ABSOLUTELY NO MAGAZINES, JUNK MAIL OR HOUSEHOLD TRASH!**
- ✓ Limit of 4 bags/boxes of unshredded paper weighing no more than 10 lbs. each. Shredded paper is also accepted.
- ✓ No businesses or non-profits.

**BURLINGTON COUNTY RESIDENTS ONLY. IDENTIFICATION REQUIRED.**

Questions? Call **(609) 499-1001 ext. 271 or 266**  
or email **recycle@co.burlington.nj.us**





## VINCENT FIRE CO. #1

### \$3,000 Spring Bingo

### April 22nd 2023

6 Regular Games - \$175.00

2 Special - \$325.00

1 Special - \$300.00

1 Cover All - \$1000.00

Presale Event!

Limited Seating

In-House 50/50

Basket Auction

Purchase Tickets Every  
Tuesday From 6pm-9pm

Follow Us on Facebook  
For Additional  
Ticket Sale Dates &  
Locations

Nice Selection Of Dinner  
Food, Snacks & Beverages  
Available For Purchase!

**NO OUTSIDE FOOD!**

Email any questions to:  
[Christine.Meekes@vincentfire.org](mailto:Christine.Meekes@vincentfire.org)

Ticket Cost: \$35 PP or \$200 For 6  
Doors Open @ 4pm, Game Start @ 6pm  
16 Race St, Vincentown NJ

# NIH News in Health

National Institutes of Health • Department of Health and Human Services • [newsinhealth.nih.gov](http://newsinhealth.nih.gov)

## Creating Healthy Habits Make Better Choices Easier

We know that making healthy choices can help us feel better and live longer. Maybe you've already tried to eat better, get more exercise or sleep, quit smoking, or reduce stress. It's not easy. But research shows how you can boost your ability to create and sustain a healthy lifestyle.

"It's frustrating to experience setbacks when you're trying to make healthy changes and reach a goal," says NIH behavior change expert Dr. Susan Czajkowski. "The good news is that decades of research show that change is possible, and there are proven strategies you can use to set yourself up for success."

Lots of things you do impact your health and quality of life, now and in the future. You can reduce your risk for the most common, costly, and preventable health problems—such as heart disease, stroke, cancer, type 2 diabetes, and obesity—by making healthy choices.

**Know Your Habits** • Regular things you do—from brushing your teeth to having a few drinks every night—can become habits. Repetitive behaviors that make you feel good can affect your brain in ways that create habits that may be hard to change. Habits often become automatic—they happen without much thought.

"The first step to changing your behavior is to create an awareness around what you do regularly,"



explains Dr. Lisa Marsch, an expert in behavior change at Dartmouth College. "Look for patterns in your behavior and what triggers the unhealthy habits you want to change."

Maybe you eat too much while watching TV or join a friend on smoke breaks even when you don't want a cigarette. "You can develop ways to disrupt those patterns and create new ones," Marsch says. For instance, eat meals with the TV off or join friends for healthy activities, like walk breaks.

**Make a Plan** • Make a plan that includes small, reasonable goals and specific actions you'll take to move toward them.

"If you walk by the vending machine at work and buy junk food

every afternoon, try walking a different way to eliminate that decision and bring healthy snacks from home," Czajkowski says. "Whenever possible, make the healthy choice the easy choice."

Consider what you think you'll need to be successful. How can you change things around you to support your goals? You might need to stock up on healthy foods, remove temptations, or find a special spot to relax.

Get friends and loved ones involved. Research shows that people's health behaviors tend to mirror those of their family and friends. Invite them to join you, support you, and help

you stay on track.

It's also important to plan for obstacles. Think about what might derail your best efforts to live healthier. How can you still make healthy choices during unexpected situations, in stressful times, or when tempted by old habits?

**Stay on Track** • Doing positive things for yourself can feel exciting and rewarding. But there will also be times when you wonder if you can stick with it.

*continued on page 2*



### Wise Choices Build Healthy Habits

- **Plan.** Identify unhealthy patterns and triggers. Set realistic goals. Write down steps to help you achieve them.
- **Change your surroundings.** Find ways to make healthier choices easy choices. Remove temptations. Work for changes in your community, like safe places to walk.
- **Ask for support.** Find friends, family, co-workers, neighbors, or groups for support or ask people to join you.
- **Fill your time with healthy activities.** Try exercise, a favorite hobby, or spending time with family and friends.
- **Track your progress.** Record how things are going to help you stay focused and catch slip-ups.
- **Imagine the future.** Think about future benefits to stay on track.
- **Reward yourself.** Give yourself a healthy reward when you've achieved a small goal or milestone, like a massage or personal time.
- **Be patient.** Improvement takes time, and setbacks happen. Focus on progress, not perfection.

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[newsinhealth.nih.gov](http://newsinhealth.nih.gov)

# MARCH

## HOLIDAYS

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- 1-Peanut Butter Lover's Day
- 3-National Anthem Day
- 6-National Frozen Food Day
- 8-Popcorn Lover's Day
- 10-Middle Name Pride Day
- 11-Johnny Appleseed Day
- 12-Girl Scouts Day
- 14-National Pi(e) Day
- 14-Potato Chip Day
- 15-Ides of March
- 16-No Selfies Day
- 17-St. Patrick's Day
- 21-World Down Syndrome Day
- 22-National Goof Off Day
- 23-National Chips and Dip Day
- 23-National Puppy Day
- 24-National Chocolate Covered Raisin Day
- 25-Palm Sunday (varies each year)
- 25-Waffle Day
- 26-National Spinach Day
- 28-Something on a Stick Day
- 30-Good Friday (varies each year)
- 30-Take a Walk in the Park Day