



TOWNSHIP OF SOUTHAMPTON

5 Retreat Road, Southampton, NJ 08088
(609) 859-2736
www.southamptonnj.org



MAY 2023 NEWS

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TAXES ARE DUE!

Payment for taxes due

May 1st

(with grace period to
May 10th)

UP COMING EVENTS

05/04/2023 Planning Board Meeting 6 pm

05/09/2023 Southampton Recreation Commission 7 pm

05/11/2023 Zoning Board Meeting: 7:30 pm

05/13/2023 Hoagie/Cupcake Sale 10:30 am to noon

05/13/2023 Library Book/Plant Sale 9 am to noon

05/16/2023 Committee Meeting 6 pm

05/17/2023 Preservation Commission 7 pm

05/18/2023 Planning Board Workshop Meeting 6 pm

05/20/2023 Library 100th year celebration 1 pm to 3 pm

05/29/2023 Memorial Day Parade 10 am

**Office Closed: 05/29/2023 for Memorial Day
Trash will be picked up on Tuesday, May 30**

Quote for the Month:

“Two things are infinite, the Universe and human stupidity,; and I’m not sure about the Universe”

- **Albert Einstein**

Greetings fellow Southampton Residents,

By now the flowers are up and the trees are green and at this time we in the process of planning our 144th Annual Memorial Day Parade to be held on May 29th. We honor our veterans with a free lunch (to sign up you must call the office).

May also is a time for cleaning up our properties and the Public Works will be open on May 6 from 8 am to noon for Hazard Waste Day (see information on the next page).

May is also a time to remember our mothers and wishing them a Happy Mother’s Day.

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).

Mayor Michael Mikulski

CLEAN UP DAY AND HOUSEHOLD HAZARDOUS WASTE DROP OFF (BUSINESS WASTE WILL NOT BE ACCEPTED)

**SATURDAY, May 6, 2023
PUBLIC WORKS BUILDING
16 BUDDTOWN ROAD
8 A.M. TO NOON**

- **Latex and oil-based paints, paint solvents, aerosols, driveway sealers, anti-freeze, batteries, lighting ballasts (must be removed from fixture), smoke detectors, and thermostats**
 - **Product must be in sealed containers – leaking containers will be refused**
 - **No waste oil, pesticides, herbicides, fungicides or pool chemicals**
 - **Proof of residency is required.**
 - **Dumpsters will be available for yard and household debris but not for demolished buildings.**
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The First Baptist Church (Established Sept. 19, 1834)

On September 19, 1834, twenty-nine members held an organizational meeting in the Free Meeting House, thereby starting a Baptist Church in Vincentown. A brick building (thirty-eight by forty-eight) was started and work was done as money came in. On January 17, 1835, a dedication was held and supply ministers filled the pulpit until Reverend William Smithe was called on May 6, 1837.

In 1849, the Baptist Cemetery was purchased and in the same year a debt of \$700, which had been existent since the church was built, was discharged. Seventeen years later in 1866 the parsonage on Church Street was purchased.

During the years 1868 to 1870, the interior of the church was remodeled. A bell was placed in the tower and a spire added with the tip being eighty feet above ground. The total cost for this remodeling came to \$4,500.

Miss Madeline Burr donated two acres of land in June of 1896, thereby enlarging the cemetery. During Reverend William Harrison's pastorate (1895-1902) the memorial windows were installed, new furniture purchased and a Sunday School room built. The parsonage on Church Street was sold in 1926 and the present parsonage on Main Street was bought.

In June of 1945, a bus was purchased from Southampton Township for \$550 and First Baptist's bus ministry was started. The comfort of the sanctuary was improved upon in November 1954, as wall to wall carpeting was installed.

The new Christian education building was constructed in 1960 replacing the early frame structure. The inside of the sanctuary was extended twenty-six feet and a Baptistry built by Black Construction Company. The old marble steps in front of the church were replaced in 1966 with the present brick steps and iron railing. The property of Seven Church Street was purchased on November 7, 1963, for \$5,500 and in 1974 a new church steeple was erected.



**Southampton Township
Offices and Public Works
Closed Monday, May 29 in
observance of Memorial Day
Monday trash will be picked up on
Tuesday, May 30**

Central Lodge No. 44, F&AM's Hoagie Sale!



MOTHER'S DAY WEEKEND!

Saturday, May 13, 2023

Pick-up / Delivery 10:30 AM to 12:00 Noon

Hedge Hall (former Grange),

115 Main Street, Vincentown, NJ

Offering:

AMERICAN Hoagies

and

TURKEY & AMERICAN CHEESE Hoagies

\$9.00 per hoagie

Pre-orders taken by RW Jeff Hicks, Lodge Secretary

(609) 206-6583 [text too]

Central Lodge No. 44, F&AM's Cupcake Sale!



MOTHER'S DAY WEEKEND!

Saturday, May 13, 2023

Pick-up 10:30 AM to 12:00 Noon

Hedge Hall (former Grange), 115 Main Street, Vincentown, NJ

Available cake flavors:

Vanilla OR Chocolate

Available frostings (buttercream):

Vanilla, Chocolate, Peanut Butter, Vanilla Mint, or Oreo

\$3.00 per cupcake OR \$30.00 per dozen

Pre-orders ONLY with payment by Saturday, May 6th!

Contact RW Jeff Hicks at (609) 206-6583 [text too]



144th ANNUAL MEMORIAL DAY PARADE

MAY 29, 2023

Parade Starts
At 10 am

RAIN or SHINE

Main Street and Hilliards Bridge Road



Veteran's Luncheon

To be held at 115 Main Street
(formally known as the Grange)

Starting at Noon

Tickets Adult \$15.00 Children \$5.00

Tickets also on sale at the door

Memorial Day concert: The freedom Brass

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!



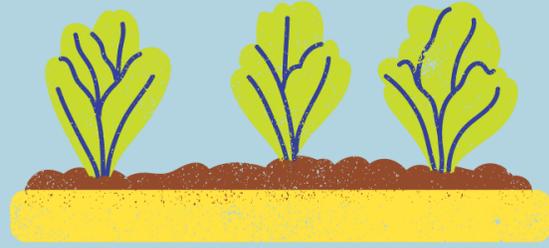
- ✓ You must remain in your car.
- ✓ Paper must be placed in trunk, cargo area or truck bed, easily accessible to staff, who will remove it from the vehicle.
- ✓ **Confidential files ONLY -
ABSOLUTELY NO MAGAZINES, JUNK MAIL OR HOUSEHOLD TRASH!**
- ✓ Limit of 4 bags/boxes of unshredded paper weighing 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**



Cicero said,
"All one needs in life is
a library and a garden."



We would add coffee.



Saturday May 13th

Stop by the library for
Vincentown Garden Club's
veggie plant sale (9:30-12:00)
and visit the library for coffee,
books and pastries (10:00-2:00)

The Sally Stretch Keen Memorial Library
94 Main Street, Vincentown

JOIN US IN CELEBRATING



100
YEARS



THE SALLY STRETCH
KEEN MEMORIAL
LIBRARY

MAY

20

1-3PM

94 MAIN ST VINCENTOWN

PRESERVATION PLANS
OUR HISTORY
REFRESHMENTS
GAMES FOR THE KIDS

2023 Free Rabies Clinics in Burlington County



Willingboro Township

May 10th 4PM-7PM

Millcreek Park
Willingboro, 08046

Burlington Township

November 4th 9AM-12PM

Garage behind Municipal Building
851 Old York Rd
Burlington, 08016

Delanco Township

November 4th 9AM-11AM

Public Works Garage
Delanco, 08075

DOOR TO DOOR SOLICITATIONS

Any door to door solicitors in Southampton Township are **required** to register with the Clerk's Office. (Religious, political or surveys (utilities) may not require permits.) Those that are approved by the Clerk's Office are required to carry a copy of the permit with them and display upon request of a resident. If someone comes to your door soliciting, the resident can request to see the permit. If the solicitor does not produce a permit or if you are not sure or comfortable that the person is a permitted solicitor, you should call the State Police. An officer will come out and verify the person's status. The State Police ask that you call as soon as possible so they can locate the solicitor(s) and address any issues. The Township has an Ordinance that regulates Soliciting and the State Police will take the appropriate enforcement action based on the circumstances. Residents with concerns should call the non-emergency number for State Police. 609-859-2281 or in an emergency call 9-1-1.

To be placed on the Do Not Solicit list,

I, _____ hereby request my name to be placed on the DO NOT

SOLICIT LIST

Address _____

City: _____ State/Zip _____

Telephone _____

Email: _____

Signature: _____

Please return to:

Clerk's office, Southampton Township, 5 Retreat Road, Southampton, NJ 08088

BENEFITS OF EXERCISE ON MIND AND BODY

To get the most from an exercise program, it's important to combine different components that produce a strong and balanced body. They include: aerobic, strength training, stretching, core work and balance. Having a mix of these will provide the most overall benefits for both your body and your mind.

Let's start by looking at some of the main life enhancing benefits of exercise.

- | | |
|---|--|
| <ul style="list-style-type: none">• Maintain your independence by keeping and improving your strength• Have the energy to do the things that you want and enjoy without fatigue allowing for quality of life• Improve your balance to help lower risk of falls and injuries from those falls• Manage and prevent some common chronic diseases like heart disease, arthritis, stroke, type 2 diabetes, osteoporosis and 8 types of cancers, including breast and colon cancer | <ul style="list-style-type: none">• Reduce your level of stress and anxiety and improve sleep• Help you reach and maintain a healthy weight while reducing the risk of excessive weight gain• Controls your blood pressure• Helps to lower your levels of cholesterol• Improves or maintains some aspects of cognitive function• Enhances your mood and reduces feelings of depression, allowing you to feel more in control of your emotions |
|---|--|

EXERCISE MAY PROTECT YOUR BRAIN

It's often quite obvious to see the fitness benefits of exercise on our physical body; however, perhaps not so obvious is the huge positive impact it is having on our brain. What might not be as evident, at least initially, is that every step, mile or pool lap you take is also enhancing your cognitive fitness! One more important reason to get moving!



A study was done where nearly 500 older adults were followed for 20 years with annual physical and cognitive tests. They also agreed to donate their brains to science when they died. All their movement was tracked around the clock using an accelerometer. Here are the study findings:

- Those participants who moved the most scored better on memory and thinking tests.
- Increased physical activity resulted in a 31% reduction for risk of dementia.

During a 6-month study, nearly 200 sedentary older people with mild cognitive impairment were given three options:

- | | | |
|---|---|---|
| 1. Only add aerobic exercise 3x a week for 45 minutes/session | → | 1. Improvement shown in thinking and memory |
| 2. Only eat a heart-healthy DASH diet | → | 2. No improvement on assessments of planning, problem-solving and multitasking. |
| 3. Combine aerobic exercise with the DASH diet | → | 3. Showed the most improvement overall! |
| 4. Only receive health education | → | 4. Brain function worsened |

According to a neuropsychologist at the Cleveland Clinic, exercise, especially aerobic is key to maintaining brain health. This is true even for those who are at risk for developing dementia and Alzheimer's disease.

Check out <https://health.clevelandclinic.org/exercise-and-brain-health/> for more on how exercise protects brain health!



MAY

HOLIDAYS

- 1-May Day
- 2-Brother & Sisters Day
- 4- Kentucky Derby Day (first Saturday)
- 4-Star Wars Day
- 5-Cinco De Mayo
- 5- Ramadan (varies)
- 6-National Nurses Day
- 8- No Socks Day
- 10- Clean Up Your Room Day
- 11- Eat What You Want Day
- 12- Mother's Day (2nd Sunday)
- 15- National Chocolate Chip Day
- 17- National Bike to Work Day (3rd Friday)
- 18- Armed Forces Day (3rd Saturday)
- 18-No Dirty Dishes Day
- 19- World Plant a Veggie Garden Day
- 21- Victoria Day (Canada)
- 22-National Buy A Musical instrument Day
- 23- Lucky Penny Day
- 25- National Brown Bag It Day
- 26-Sally Ride Day
- 27-Memorial Day (last Monday)
- 28-National Hamburger Day
- 30-Water a Flower Day