



TOWNSHIP OF SOUTHAMPTON

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



JUNE 2023 NEWS

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UP COMING EVENTS

- 06/01/2023 Planning Board Meeting 6 pm
06/06/2023 Primary Voting starts at 6 am to 8 pm
06/13/2023 Southampton Recreation Commission 7 pm
06/08/2023 Zoning Board Meeting: 7:30 pm
06/15/2023 Board of Education Town Hall Meeting 7 pm
06/20/2023 Committee Meeting 6 pm
06/21/2023 Preservation Commission 7 pm
06/18/2023 Planning Board Workshop Meeting 6 pm

Quote for the Month:

"If you want to know what a person is like, take a good look at how they treat inferiors, not their equals."

- J. K. Rowling

Greetings fellow Southampton Residents,

Our 144th Annual Memorial Day Parade was held on May 29th and well attended, now we look forward to our summer activities.

Our summer concerts are all scheduled. The fireworks are scheduled for July 8th with activities for all ages, music by Scott Gager and food trucks will be available.

Do not forget to vote on or before June 6th.

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



TUESDAY, JUNE 6, 2023

PRIMARY ELECTION

Vote in Person on June 6, 2023 from 6 am to 8 pm

Polling places:

Vincent Fire House, Leisuretowne: Laurel Hall or Settler's Hall

**Drop off of mail in ballots at the ballot box located at the
Municipal Building (Tax entrance)**

Box closes at 8 pm June 6.

2023 Free Rabies Clinics in Burlington County



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



FLAG DAY

June 14

Always be proud of the flag.
So many Americans have
sacrificed their lives
for its honor.



Father's
Day
Sun
18th June

Let's Talk

**Southampton Township BOE
cordially invites you to a**

Town Hall Open Forum

An informal opportunity for families, students, staff, and community members to participate in productive and insightful discussion with the Superintendent and members of the Board of Education.

Sample Topics (not limited to):

- School Climate • School Security
- School Culture • Student Achievement
- School Calendar • School Communication
- Community Engagement



Facilitator

**Jesse Adams
Field Service Rep Burl Co
NJ School Boards Assoc.**

If you would like to submit a question, comment, or suggested topic of discussion in advance you may email the Southampton Township Board of Education at BOE@stdwarriors.org or you may bring it with you and anonymously submit it at the event. Please note that the board will review all submissions before making a final decision to include them in the event.

**Thursday
June 15**

**7:00 - 9:00
p.m.**

**Warrior
Dome**

**Hosted by the Southampton Township Board of Education
Open to the Public
No board action to be taken**

Southampton Township

FREE SUMMER CONCERTS

2023



July 5 - Golden Eagle Band

Sponsored by: Star Sprinkler Systems

July 12 - Hot Taters

Sponsored by: Bob Drayton, Inc.

July 19 - Freedom Brass Big Band

Sponsored by: B&B Environmental

July 26 - Stone Mountain Road

Sponsored by: Paradise Solar & Metropolitan Dermatology

Aug 2 - Gloucester City String Band

Sponsored by: LeisureTowne Assoc. & Leisuretowne Civic League

Aug 9 – Tri-County Band

Sponsored by: JR. Mechanics

Aug 16 - Bonsal Blues Concert Band

Sponsored by: Parker & McCay

Aug 23 – Bonsal Blues Dance Band

Sponsored by: White Dotte

Aug 30 – US 1 Country Band

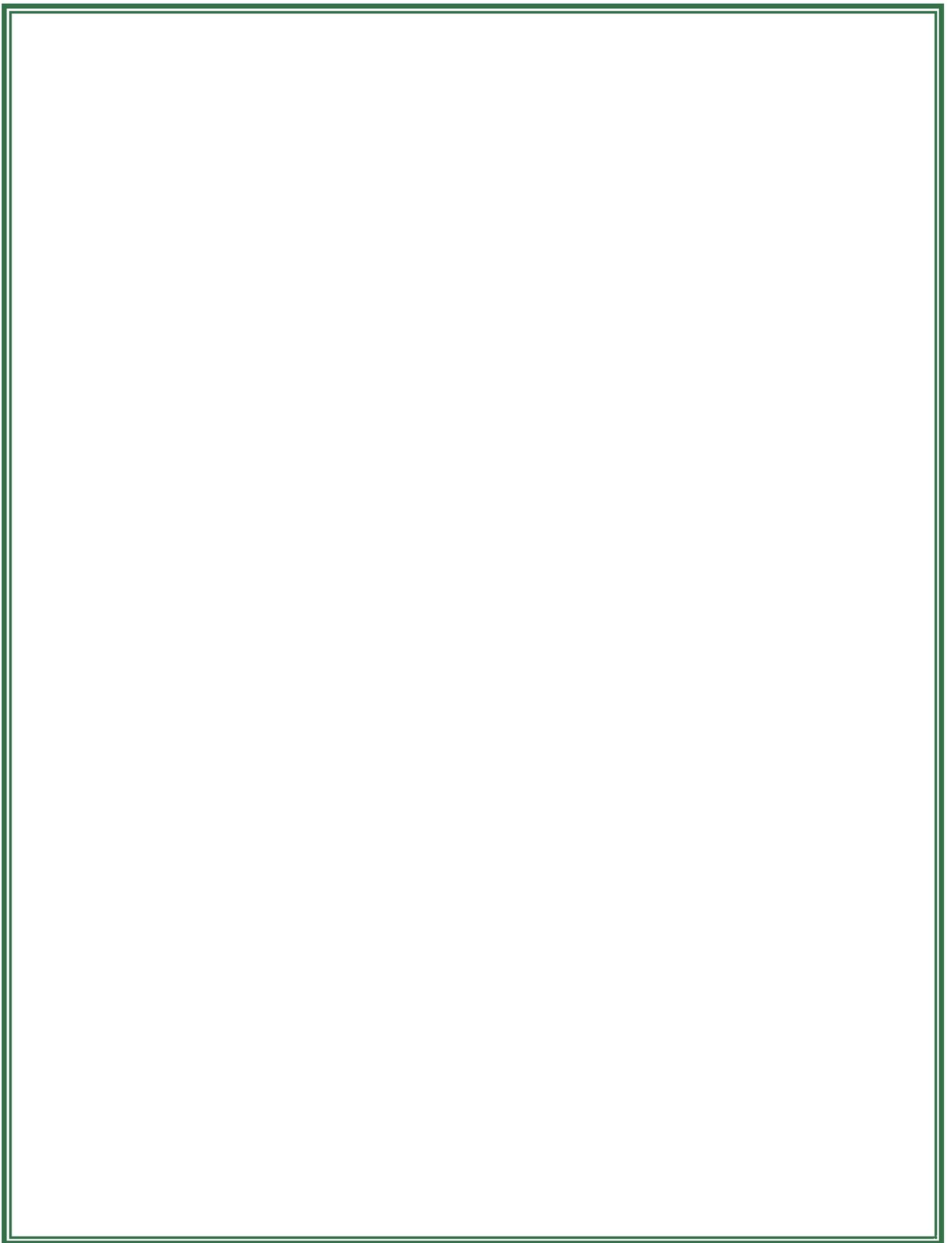
Sponsored by: Allen's Oil

**Bottled Water donated by Alloway Associates Realtors
and**

Water Ice/Ice cream donated by Evergreen Dairy Bar

All Concerts are from 7:15 pm to 9:00 pm

Route 206 & Retreat Road * Please bring your own chair





Southampton Township

FIREWORKS FESTIVAL!

JULY 8, 2023

at Red Lion Recreation Park
458 Red Lion Road, Southampton

Live Music! Food Trucks! Fun for All!

The Southampton Township Committee and all its residents would like to thank the following sponsors who have made our Fireworks Festival possible:

Community Sponsors

Alaimo Group
Environmental Resolutions, Inc.
Parker McCay, PA
Pinelands Water/Middlesex Water

Additional Sponsors

Holt McNally & Associates

FESTIVAL BEGINS AT 6 PM • FIREWORKS AT DUSK
RAIN DATE JULY 9, 2023

Exercise Helps Lower Blood Pressure

*"High blood pressure can lead to stroke, heart attack, heart failure and even kidney issues". (Gray, 2022)
Resource: Cleveland Clinic—Health Essentials Jan 31, 2022*

If you have been diagnosed with hypertension or are at risk of developing high blood pressure, your doctor may recommend increasing your exercise. Medication may not be avoidable, at least initially to get your blood pressure under control. However, incorporating regular exercise is an excellent way to lower your blood pressure, eventually reducing or eliminating the need to take medication! Making your heart stronger is key to reducing blood pressure. Exercise plays a huge part in achieving that!

If you have been contemplating starting an exercise routine, here are some things to keep in mind:

- Be mindful of your breath—holding your breath is something you want to avoid.
- Be sure to incorporate a 5-10 minute warm up and cool down. This helps your body get acclimated to exercise, helping to avoid dramatic changes in your blood pressure all at once. Cooling down is just as important to avoid venous pooling in the legs from your blood pressure dropping too quickly.

Best Exercises to Lower Blood Pressure

As you do more cardio and strength training activities, your heart will get stronger, allowing it to work with less effort to pump more blood through your body. It's important to start off slowly if you are new to exercise. Even 10 minutes a day of intentional movement can result in noticeable improvements in your blood pressure and overall health.

Here are some exercise ideas that are great at lowering your blood pressure. It's important that the activity you choose is fun and something you will enjoy so you will be consistent to reap the benefits.



Water Aerobic Classes: join a local YMCA or gym that has an indoor pool. Taking a class can be lots of fun. And don't think it's going to be easy. The water provides A LOT of resistance yet without putting strain on your joints!



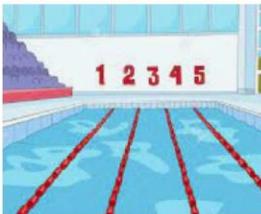
Gardening or other yard work: mowing the lawn, raking leaves, planting flowers, pulling weeds all count. Aim for 30-45 minutes.



Brisk Walking/Hiking/Jogging: Walking faster than you normally walk so your breathing rate increases. Start with a trail that is not too challenging and look for more challenging ones as you get stronger and conditioned.



Cycling: Riding your bike for at least 10 minutes counts. Maybe try a spin class at your local gym if one is provided.



Swimming: If aqua aerobics isn't your "cup of tea", doing laps or jogging in the pool is an awesome workout and a great way to stay cool.



Strength Training: Good options include—body weight squats, jumping jacks, bent-over rows, resistance band workouts, lunges, pushups, planks, and more! Strengthening your muscles along with cardio is a great combo for lowering BP!

Incorporate exercise at work!

- Walk at lunch
- Walking meetings
- Implement an exercise "challenge"
- Get up and move every hour
- Do a few minutes of exercise every time you refill your water bottle
- Create a Team for an upcoming race
- Leave sneakers, resistance bands or dumbbells at your desk for a quick workout

Debby Schiffer, NBHWC and JIF Wellness Director
Email: debby_schiffer@targetingwellness.com

JUNE

HOLIDAYS

- 3-National Egg Day
- 7-National Donut Day (1st Friday)
- 6-National Yo-yo Day
- 8-National Best Friend's Day
- 11-National German Chocolate Cake Day
- 11-National Corn on the Cob Day
- 12-National Jerky Day
- 13-National Sewing Machine Day
- 14-Flag Day
- 16-Father's Day (3rd Sunday)
- 17-Eat All Your Veggies Day
- 18-World Juggling Day
- 18-International Picnic Day
- 20-World Refugee Day
- 21-Summer Solstice (longest day)
- 22-National Kissing Day
- 23-National Eat at a Food Truck Day
- 23-Runner's Selfie Day
- 24-Take Your Dog to Work Day
- 26-National Chocolate Pudding Day
- 27-National Sunglasses Day
- 29-National Camera Day