



# Hightstown Crier

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News From Hightstown Borough Hall

January 2007

## Mayor's Message

**Happy New Year to all Hightstonians!** As usual, we face the new year with hope and resolve. A few resolutions for our town that I have are:

- Celebrate our progress:
  - ♦ The beginning of the Downtown Revitalization Program's Phase III with new sidewalks, lights, benches and curbs on Mercer Street. Thank you to NJDOT for their grant of \$310,000 for this project.
  - ♦ The construction by Jeff Bond of a new retail/office building on a vacant lot across from the post office.
- Celebrate our history with the dedication of a water fountain at The Point—a beautiful new downtown structure that reflects our past, present and future.
- Continue to identify cost savings and maintain the efficient budgeting practices that the NJ Department of Community Affairs has commended us for.
- Continue to press our State legislators to enact property tax reform and to identify a different way to fund public education—the largest part of our tax burden.
- Consider which areas of consolidating and sharing interlocal services could result in cost savings and be beneficial to our town.
- Rejoice over much needed street improvements to Morrison Avenue and Outcalt Street. Kudos to NJDOT for its \$499,000 grant, the largest amount given in Mercer County.
- Celebrate the groundbreaking of the redevelopment of The Mill property.
- Participate.....be a volunteer and join your neighbors for rewarding experiences at:
  - ♦ The Greater Goods Thrift Store—our newest business partner whose profits will support the Community Action Service Center's programs. Call 609-448-2702 or visit [www.CASCmerc.org](http://www.CASCmerc.org) to get involved.
  - ♦ Sign up for the CASC's 5K Run/Walk (certified by USA Track & Field) on March 24<sup>th</sup> during the annual Health Fair at Hightstown High School. Run with friends or go alone to benefit CASC and your health. Contact Mark Sheerin at (732) 742-6868 to sign up and for information.
  - ♦ Join the Animal Welfare Committee. In its first year, the Trap/Neuter/Return program spayed or neutered over 70 feral cats, preventing thousands of future felines from populating the town. Also, 32 cats have been adopted.
  - ♦ Become a member of the Hightstown-East Windsor Historical Society to help preserve and promote our history. Call the Society's president, Nancy Laudenberger, at 609-443-6536 or visit its website at [www.hewhs.org](http://www.hewhs.org) for information.



## ICE SKATING at Rocky Brook Park

Once again this year, ice skating will be available (weather permitting!) free of charge at the rink in Rocky Brook Park, located on Bank Street.

Note: You should not use the rink unless it is clearly marked as "OPEN," even if the surface appears to be frozen!



## Upcoming Council Meetings

**Monday, January 1, 2007**  
(12 noon - Reorganization Meeting)

**Tuesday, January 16**  
**Monday, February 5**  
**Tuesday, February 20**  
**Monday, March 5**  
**Monday, March 19**  
**Monday, April 2**

All meetings begin at 7 p.m. unless otherwise noted, and are open to the public. Meeting agendas and e-packets are available on the Borough's website on the Friday before each meeting.



**Borough Hall will be  
CLOSED on**

**Monday, January 1**  
(New Year's Day)

**Monday, January 15**  
(Martin Luther King Day)

**Monday, February 19**  
(Presidents' Day)

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# POLICE LINE

- Police Chief James M. Eufemia

During snowfall, it is imperative that the Public Works department have unrestricted access to the Snow Emergency Route in order to clear the streets in an efficient and timely manner. The Snow Route includes Academy Street, Bank Street, East Ward Street, Harron Avenue, Morrison Avenue, Oak Lane, Rogers Avenue, South Street, Summit Street, Ward Street and Westerlea Avenue.

Any vehicle left parked on these streets is subject to removal by the Police Department. Please find alternate parking until the streets have been cleared of snow.

Always allow extra travel time when it snows. Accidents occur when drivers fail to use caution on snow-covered or icy roads. Inexperienced drivers are at a higher risk, particularly if they have no experience driving in these conditions.

Carry a scraper to clear snow and ice from ALL your car's windows, and fill the windshield washer reservoir with winter weather fluid. Inspect your tires for proper tread, keep your gas tank full and keep a small shovel in the trunk should you become stuck in the snow.



## DOG LICENSES

are due for renewal during the month of January. The fee for an altered dog is \$8.20, and for an unaltered dog, \$11.20. After January 31, late fees will apply.

All dogs seven months of age and older must be licensed, and Hightstown ordinances limit the number of dogs per household to two. State health regulations require that rabies vaccinations be valid through at least October 31, 2007 before a 2007 license can be issued. Dog licenses may be renewed in person or by mail, and application forms can be downloaded from the Borough's website.

## FREE RABIES CLINICS

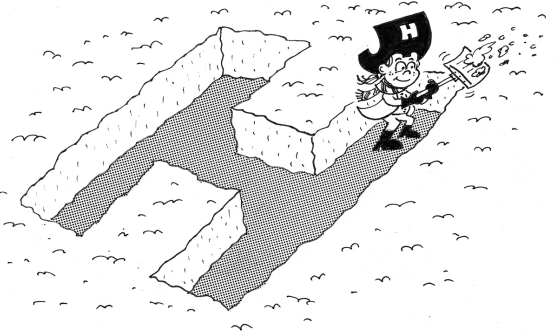
Borough residents may bring their dogs and/or cats to the following upcoming rabies clinics to obtain a vaccination at no charge:

- Thursday, January 11, 4:30 - 6:30 p.m.  
Washington Township Public Works Garage  
56 Robbinsville-Allentown Road
- Saturday, January 20, 10 a.m. - 12 noon  
Princeton Junction Firehouse  
Clarksville Road



## DID YOU KNOW...

Our Borough Code requires all property owners, occupants or tenants, both residential and commercial, to remove snow from their sidewalks within 12 hours of the snowfall. If it is impossible to remove ice, it must be covered with sand or other abrasive material. When shoveling or blowing snow, remember that our Code also prohibits the throwing or placement of snow in the street. For more information about the Borough's snow regulations, safety tips for shoveling snow and even a recipe for Snow Cream, visit the Borough's website at [www.hightstownborough.com](http://www.hightstownborough.com)!



## Visit the new Greater Goods Thrift Store!

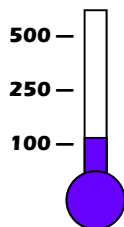
Greater Goods Thrift Store is now stocked with great bargains and open for business at 413 Mercer Street (Rt. 33) during the following hours: Wednesday, 10 a.m. - 2 p.m.; Thursday, 3 p.m. - 7 p.m.; Friday, 10 a.m. - 2 p.m. and Saturday, 9 a.m. - 4 p.m.

**Special promotional flyers offering ONE ITEM FREE to Greater Goods shoppers are available at Borough Hall and on the Borough's website!**

Greater Goods Thrift Store is a program of Community Action Service Center, Inc., a not-for-profit social service agency serving families in the Hightstown-East Windsor area. For more information, visit [www.CASCmerc.org](http://www.CASCmerc.org)

## BRICK PAVERS ARE STILL AVAILABLE!

Don't miss your chance to purchase a commemorative brick paver to be put into place near the new fountain at "The Point." 103 pavers have been sold to date, and a total of 500 will be available. The deadline to order has been extended until spring 2007. For more information, contact Cathy Simmons at 443-4700 or visit the Borough's website.



## BOOK DISCUSSION

On Wednesday, January 10, at 7:30 p.m., the Book Group at the Hightstown Memorial Library will be discussing "O Pioneers!" by Willa Cather. New members are welcome and encouraged to attend!



# JANUARY IS RADON ACTION MONTH

Radon is the second leading cause of lung cancer in the United States. It is a colorless, odorless and tasteless radioactive gas. Unless you test for it, there is no way of telling how much is present in your home.

The longer your exposure to radon, the greater the risk. Each year, radon is believed to cause as many as 500 lung cancer deaths in New Jersey. Lung cancer risk increases with higher concentrations of radon and longer exposure. Breathing radon does not cause any short term health effects such as shortness of breath, coughing, headaches, or fever.

“Only smoking causes more cases of lung cancer, so if you smoke and you are exposed to elevated radon levels, your risk of lung cancer is especially high”, stated Robert Hary, Health Officer for the West Windsor-Washington Township-Hightstown Health Department. “Stop smoking and discourage smoking in your home. You can reduce your family's overall chance of developing lung cancer, as well as reducing their risk from radon exposure.”

Radon comes from the natural breakdown (radioactive decay) of uranium and radium. As you breathe, radon decay products can become trapped in your lungs. As these decay products break down further, they release small bursts of energy which can damage lung tissue and lead to lung cancer.

Although radon will rapidly disperse outdoors, it can become trapped inside a home. Radon can seep into a home through dirt floors, sump pumps, floor drains, joints and tiny cracks or pores in walls. It can also be released from well water as it is used within the household.

Testing is easy, and is the only way to determine the level of radon in a structure. It is possible for your home to have detectable radon while your neighbor's home does not. Testing can be done with a do-it-yourself home test kit or through a professional testing firm. Whatever the radon level, the longer the period of exposure - the greater the risk. While low levels of radon (less than 4 pCi/L) probably require no follow up measures, the U.S. Environmental Protection Agency and the New Jersey Department of Environmental Protection (NJDEP) recommend that action be taken to reduce the radon level in a home if it is greater than or equal to 4 pCi/L. Most radon problems can be fixed for no more than the cost of a typical home repair.

For a list of qualified testing companies that can test for radon and/or mitigation contractors to fix an existing radon problem, call the Health Department at (609) 936-8400 or the NJDEP Radon Program at (800) 648-0394.



## Community Cultural Calendar

AT THE PEDDIE SCHOOL

(for information or tickets, call 490-7550)

- January 12**      Mariboe Gallery Exhibit Opening  
6:30—8 p.m.      **Patty Chang**
- February 2**      Mariboe Gallery Exhibit Opening  
6:30—8 p.m.      **Cathy Watkins**
- February 24**      *Signature Saturdays*  
8 p.m.              **Roberto Diaz, Viola**
- March 2**            *Jazz Fridays*  
8 p.m.              **Taylor Eigsti and Julian Lage**  
Pre-concert chat with artist at 7 p.m.
- March 28**         *Dramatist Workshop*  
7:30 p.m.         ***Dreaming Through the Twilight***
- March 30**         Mariboe Gallery Exhibit Opening  
6:30—8 p.m.      **Matthew Day Jackson**
- March 31**         *Signature Saturdays*  
8 p.m.              **Chu-Fang Huang, Piano**



## Healthy Hightstown

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8. **FIND A GOOD PRIMARY CARE PROVIDER.** Your primary care provider (doctor or nurse practitioner) should allow enough time for you to comfortably ask questions. Ask about recommended routine screenings, vitamin/mineral supplements and any preventive therapies - such as daily aspirin or cholesterol lowering medication - for your age, gender and medical history.
9. **BE SEXUALLY RESPONSIBLE.** The only sure way to avoid sexually transmitted diseases is to not to engage in any sexual behavior (abstinence), or be in a mutually monogamous relationship with a person known to be disease-free. Any other kind of sexual encounter exposes you to risk.
10. **GET A GRIP ON STRESS.** Chronic stress can suppress your immune system, making you more likely to “catch” a cold, contract a more serious disease, even take longer to heal. Practice stress management techniques, get enough sleep, and remember to laugh a little ... humor is nature's most efficient stress reducer!





# Healthy Hightstown

- Sharon Lane, RN

## 10 TIPS FOR HEALTHY LIVING



Each year, Americans make countless New Year's Resolutions ... only to abandon them within a month or two. "Resolutions are a great way to 'jump start' a new year," stated Robert Hary, Health Officer for the West Windsor-Washington Township-Hightstown Health Department. "Any resolution that leads to good health should be a small, realistic change that you can maintain throughout the year." The Health Department offers these 10 tips towards good health:

1. **DON'T USE ANY TOBACCO PRODUCTS.** Everyone knows that smoking is the leading cause of lung cancer. But smoking also increases the risk of many other diseases including adult leukemia, pancreatic and cervical cancers, heart disease, and diabetes. Visit [www.nj.quitnet.com](http://www.nj.quitnet.com) or call toll-free 1-866-NJSTOPS for smoking cessation information.
2. **DRINK IN MODERATION ... OR NOT AT ALL.** Evidence is mixed as to whether it is healthier to drink small amounts of alcohol (no more than one drink per day for women and two drinks per day for men) or to abstain completely. But it is clear that more than moderate intake is associated with liver and heart disease, some cancers, pancreatitis, alcohol related birth defects, and driving accidents.
3. **MAINTAIN A HEALTHY WEIGHT.** Using the Body Mass Index (BMI), more than 60% of adults are overweight (BMI > 25) and 30% are obese (BMI > 30). Obesity is a known risk factor for hypertension, coronary heart disease and stroke, lipid disorders, diabetes, gallbladder disease, osteoarthritis, sleep apnea and other breathing problems, and certain cancers. Visit [www.nhlbisupport.com/bmi/bmicalc.htm](http://www.nhlbisupport.com/bmi/bmicalc.htm) to calculate your BMI.
4. **IMPROVE YOUR DIET.** We are a nation of supersized fast food lovers. Try slowly changing to a "whole food" diet that includes more fruits and vegetables, low fat meats and dairy products, and whole grains ... and fewer processed foods that are higher in fat, salt and empty calories.
5. **EXERCISE.** Lack of regular exercise increases the risk of developing several chronic illnesses ... and dying prematurely. Yet more than 60 percent of American adults are not regularly active, and 25 percent are not active at all. Moderate daily exercise (a 20 minute walk) or exercising more intensively 3-4 times a week can reduce these risks, help control weight, increase your energy level and reduce stress.
6. **CONTROL YOUR BLOOD PRESSURE AND CHOLESTEROL.** Cardiovascular disease is the number one killer of both men and women in the United States. Know your blood pressure and cholesterol values and keep them under control with diet, moderate exercise, weight control and medication when prescribed by your health care provider.
7. **PERFORM MONTHLY CANCER SCREENINGS** - breast self exams for women and testicular self exams for men. Detection of early changes, and prompt treatment, greatly increases the "cure rate" of many cancers.

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## Mayor's Message

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- ◆ Attend the various public meetings of the Council, Planning Board, Board of Health, Environmental Commission, Parks & Recreation Commission, Economic Development Committee, Historic Preservation Commission and the Community Celebration Committee to learn what is happening in Hightstown. Your input is valuable to meeting our town's goals and objectives for a successful future.
- ◆ Join Hightstown Engine Company #1 or the Hightstown First Aid Squad so that our town can maintain its tradition of dedicated public service.

In the meantime, take a few minutes to appreciate what we have and to consider the comments of June W. Kraska of Connecticut who wrote:

*"Just a brief note to compliment whoever maintains the gorgeous floral arrangements throughout your charming town. The 'hanging gardens' from every light post are a thing of beauty. It shows so much love and pride in your community. We recently had the pleasure of driving through Hightstown and were so impressed with your beautification program. A note to say thank you and to let you know how much your efforts are appreciated."*

To all our volunteers—thank you for making a positive difference in our town.

*Mayor Bob Patten*



**Does the left hand really know what the right hand is doing?**

*They do now! Starting in January, minutes from the Borough's commissions, boards and committees will be posted on our website for everyone to read. Miss a meeting? Curious about an upcoming event sponsored by a committee? Check out their minutes on our Borough website! You'll never be "in the dark" about what's going on again!*