

SPRING 2008



PUBLISHED BY THE BOROUGH OF WATCHUNG

The Borough of Watchung Community Newsletter

Mayor's Message

Another winter has passed and we survived the snow and ice with little inconvenience thanks to the dedicated efforts of our Public Works Department. I enjoy watching the children as they slide down the face of Watchung Lake dam. That was not a planned event in the project, however, it has turned out to be a great one.

The Best Lake project is underway and we should see the project completed with a 12 foot deep channel, new dam, a bulkhead along Valley Road and a slate type sidewalk as used in the Watchung Lake project. We should see completion this August.

Taxes are always on our mind and this year the state has proposed a \$202,074 decrease in our state aid; there is talk in Trenton of the Legislature making changes that will reduce the decrease. We will prepare our budget with this amount in mind. In our ongoing efforts, we continue to follow grant opportunities and have been successful in obtaining \$150,000 for sidewalks and road resurfacing on Bayberry Lane. We will follow these events closely.

Our work in fighting for the Route 78/Diamond Hill Road full interchange continues and we are joining together with Somerset County to press the issue. We plan to meet with DOT and present a plan that will meet all needs.

I want to congratulate our new Police Chief, Sean Whelan. He has made several command changes in the Department which add to the professionalism and responsibilities of the men.

We obtained a grant for a handicap accessible bathroom for the Watchung Arts Center and they have applied it to the ladies room which should be completed shortly. This improved condition will allow them to qualify for additional grants for their programs. We have another grant request in place for the men's room. The Arts Center has wonderful varied programs and I urge you to join and lend your support.

Final details are being discussed regarding a first for Watchung. A Triathlon is being sponsored by the Watchung Hills Foundation for Athletics. The event is planned for June 8th and will require the cooperation of everyone for a successful day. As the date draws closer more details will be available at Boro Hall.

Our schools are filled with excellent students and many fine athletes and I'm always interested in learning of their success. In this newsletter I would like to congratulate the following Watchung students who are Bloustein Scholarship winners: Laurie Baumle, James Chen, Michael Di Iorio and Jason Scalera. Also congratulations to Brendan Ard on winning the state wrestling title in the 171 Lb. weight class.

Have a great Spring and Summer. See you walking around the lake and at the Memorial Day Picnic.

Mayor, Al Ellis

**BOROUGH OF WATCHUNG BULKY WASTE COLLECTION
REGISTRATION APPLICATION**

Please return this application with your check made payable to the Borough of Watchung

Name: _____ Number of Permits : ____ @\$35.00 = ____
(one per 350 lbs. of material)
Address: _____ District # 1 2
(Circle District Number)
Telephone No. _____

Materials must be out at the curb by 7:00 AM on the Monday of your designated week.

Please indicate the items you are planning to dispose of on collection day by checking below.
(approximate weights included)

- Air conditioner	100	_ Refrigerator	400
- Bathtub	400	_ Rug 5x8	50
- Chair (large stuffed)	75	_ Sink (porcelain)	40
- Chair (small straight)	25	_ Sofa	150
- Cedar chest	70	_ Sofa bed	300
- Coffee table	50	_ Stove	250
- Desk (large)	100	_ Table (large)	100
- Dishwasher	150	_ Table (small)	50
- Door	50	_ Tire (auto)	20
- Dresser (adult)	170	_ Toilet & tank	100
- Dryer	200	_ TV (portable)	75
- Freezer	250	_ TV (console)	100
- Gas barbecue grill	70	_ Washing machine	300
- Hot Water Heater (40 gal)	150	_ Window	30
- Lawn mower	100	_ Other (Please list with est. weight)	
- Mattress (double)	75	-	
- Microwave oven	80		

STATEMENT OF AGREEMENT

I agree there will be no construction materials, regular household garbage, hazardous waste, flammable explosive waste, containers with excessive liquid, mandatory recyclable materials and similar types of items included in the materials set at the curb for collection. I will not knowingly exceed the weight limitation of 350 lbs. of material per permit sticker. I understand and agree that any unauthorized material or materials that exceed the weight limitations as determined by designated Borough officials and/or the contractor will be left at the curb and must be removed by the end of the collection day.

Signature: _____ Date: _____

FOR DEPARTMENT USE ONLY

Check No. _____ **Amount:** _____ **Date:** _____ **Initials:** _____

District # _____ **Permit Numbers Rec'd:** _____



BULK PICK UP

DISTRICT #1 **(June 2-6)**

ACORN ROAD
ANDERSON ROAD
APPLETREE ROW
BEECHWOOD PLACE
BLUE WOLF TRAIL
BROOKDALE ROAD
CAIN CIRCLE
CARRAR DRIVE
CEDAR LANE
CEDAR ROAD
CRESTWOOD DRIVE
DALE ROAD
DAWN WAY
DEER RUN
DOGWOOD LANE
DRIFT ROAD
DUG WAY
EVERGREEN LANE
FAWN LANE
FOREST DRIVE
GENTIAN LANE
GILDERSLEEVE PLACE
GLEN EAGLE DRIVE

GLENVIEW DRIVE
GUINARD DRIVE
HEATHER LANE
HIGH OAKS DRIVE
HIGH TOR DRIVE
HILL PLACE
HILLCREST ROAD
HILLSIDE AVENUE
HUGHES LANE
INDIAN RUN
JOAN DRIVE
JOHANNA LANE
KAPPELMAN DRIVE
KNOLLWOOD DRIVE
LAKEVIEW AVENUE
LAKEVIEW TERRACE
MAPLE STREET
MOUNTAIN BLVD.
NATALES WAY
PARK PLACE
PARLIN LANE
PHILLIP LANE
PINE LANE

REYNOLDS DRIVE
RIDGE ROAD
ROBIN GLEN ROAD
ROCK AVENUE
ROCK ROAD EAST
SCHMIDT CIRCLE
SCOTT DRIVE
SHAWNEE DRIVE
SNODEN LANE
SPENCER LANE
STANIE BRAE DRIVE
STANIE GLEN
STIRLING ROAD
STONE GATE
SUNLIT DRIVE
VALLEY VIEW ROAD
VERONA PLACE
WASHINGTON DRIVE
WASHINGTON ROCK ROAD
WATCHUNG CREST DRIVE
WETUMKA LANE
WILDWOOD TERRACE
WINANS LANE
WINTER LANE

DISTRICT #2 **(June 9-13)**

APPLETREE ROW
BAYBERRY LANE
BIRCHWOOD LANE
BONNIE BURN ROAD
BROOK DRIVE
BUMBLE BEE LANE
CANTERBURY LANE
CARDINAL DRIVE
CENTURY LANE
CHELSEA CLUB COURT
COREY LANE
CRYSTAL RIDGE DRIVE
DEVONSHIRE LANE
DIAMOND COURT
EAST DRIVE
EATON ROAD
EDGEMONT ROAD
ELSINORE DRIVE
ELLISEN ROAD
EMERALD DRIVE
FOX CHASE DRIVE
FRIAR LANE

GALLOWAE
GRAND VIEW DRIVE
HILL HOLLOW ROAD
HYDE CIRCLE
JARED COURT
JOHNSTON DRIVE
JOHNSTON DRIVE EXTENSION
KING RICHARD'S COURT
KNIGHTSBRIDGE
KRISTY LANE
MAREU DRIVE
MEADOWLARK ROAD
MOUNTAIN DRIVE
NEW PROVIDENCE ROAD
NOTTINGHAM DRIVE
OAKRIDGE LANE
OAKWOOD ROAD
OAKWOOD ROAD EAST
OAKWOOD ROAD WEST
OLD SOMERSET ROAD
ORCHARD ROAD
PLAINFIELD AVENUE
PRICE DRIVE

PROSPECT AVENUE
REDMONT ROAD
ROUTE 22
SEQUOIA DRIVE
SHADY BROOK COURT
SHERWOOD DRIVE
SKYLINE DRIVE
SOMERSET STREET
SUMMIT WAY
SUNBRIGHT ROAD
TALL TIMBERS ROAD
TEMPLAR DRIVE
TUTTLE ROAD
UPPER DRIVE
VAIL LANE
VALLEY DRIVE
VALLEY ROAD
WATCHUNG AVENUE
WILL LANE
WOLFORD COURT
WOODED ROAD
WOODLEDGE ROAD



RECREATION UPCOMING EVENTS



Annual Community Picnic-Mobus Field
Sunday, May 25th 12:00-3:00 pm
Rain date Monday, May 26th
Hot dogs, pizza & fun for whole family

Watchung Little League/Ponytail
Opening Day April 12, 2008
Phillips Field

CAMPS

Summer Playground-Mobus Field- June 30th—August 8th - 9:00-3:00 (packets available in May)

Little Wonders-Mobus Field (ages 2 1/2-6 1/2)-June dates to be announced 10:00-12:00 pm

Sports Squirts Camp-Mobus Field- August 11th-15th, 4:00-5:30 pm-(ages 3-5) - **FEE: \$90.00**

Watchung Hills Basketball Camp- Mobus Field (ages 6-13) - June 30th-July 3rd-3:15-5:15 pm

FOR AGES 5-14:

Golf Camp-Mobus Field- July 14th-18th, 4:30-6 pm or 6-7:30 pm - **FEE: \$115.00**

Multi Sports Camp-Mobus Field- August 11th-15th, 9:00-3:00 pm - **FEE: \$180.00**

PROGRAMS

Women's Volleyball-(age 18 & older) Monday 7:30-9:30 pm, through June- Valley View School

Jr. Volleyball-(grade 6-8) - Instructional league -Monday nights—7-8 pm-starts in March -Valley View School

Hockey : **Summer Field Hockey** -(age 14 & older), Wednesday nights—6:30-8:30 pm, Starts June 25th-(Warren Turf)
Jr. Field Hockey-Girls (grade 6-8), Starts September 7th, Sundays 3 or 4 pm (instructional league-8 weeks)

Tennis-Lessons available February-August; (Courts open normal park hours), Please reserve court: 908-756-0080,x35

Open Gym Basketball- (age 18 and older)-Pick up style league, Friday nights 7-9 pm, starts September

For information on the following and further information on all camps and programs please check the Borough website at www.watchungnj.com:

SOFTBALL, BASEBALL, SOCCER, WRESTLING, LACROSSE, FOOTBALL,
AND BASKETBALL

THERAPUTIC RECREATION PROGRAMS

The Recreation Commission offers a Therapeutic Recreation program through a cooperative effort with the Somerset County Parks Commission. Further information regarding the Therapeutic Recreation program is available by contacting Somerset County's Therapeutic Recreation office at (908) 526-5650 or online at:

www.somersetcountyparks.org

continued.....

1st Annual Basketball Shootout

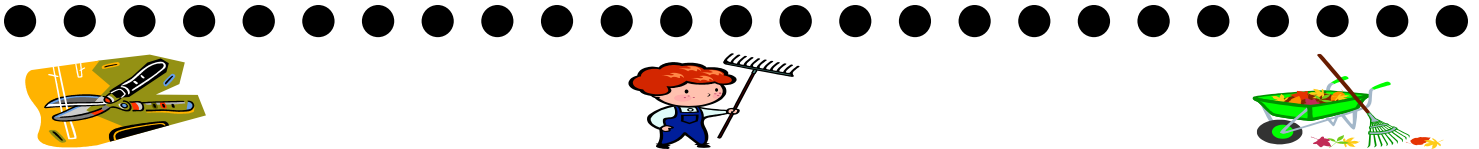
All Watchung Community Organizations are invited to participate!

Watchung Recreation
1st Annual Basketball Shootout

Valley View School
Friday, March 28, 2008
7:00-9:00 pm

All residents are invited to attend this fun family event and cheer on the participants. Prizes and refreshments will add to this wonderful opportunity to support your community services and the people who work and volunteer for the betterment of our community.

A \$2.00 suggested donation is requested per adult.
We will award the proceeds to the organization that wins the contest!
www.watchungnj.com
Contact Maria Bachert 908-756-0080 for more information

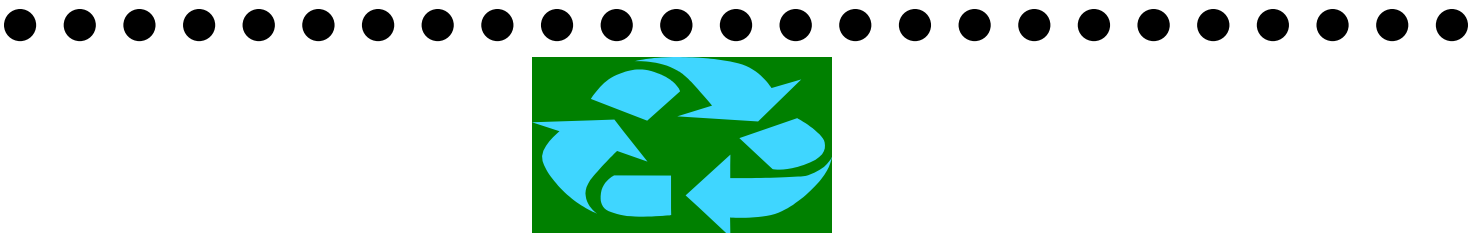


Department of Public Works—Spring Cleanup

The Department of Public Works will again have a Spring Cleanup. Use biodegradable paper bags for all lawn debris and secure small branches and twigs in manageable bundles at your curbside. Trash or refuse will not be picked up and only small branches arranged in manageable bundles will be accepted. Your own contractor should remove large limbs/trees, which have fallen outside of the Borough's Right-Of-Way. Remember, raking of leaves and debris into the gutter is strictly prohibited by ordinance and may result in the issuance of a summons.

The curbside spring pickup will begin on April 1st and continue through April 30th. If you have any questions regarding our conditions, please call the Dept. of Public Works at 756-0091 ext.14 or 753-6115.

Wood chips are available while supplies last. Arrangements can be made by contacting Public Works Dept. at 753-6115



RECYCLE-RECYCLE- RECYCLE

All occupants or owners of any residential, commercial or industrial dwelling or structure within the Borough are required to recycle.

If you are new in town and do not know the schedule for recycling or have any questions, please feel free to contact MaryAnn at the Municipal Building, 908-756-0080. If you require a recycle bin, it can be picked up at Borough Hall, 15 Mountain Boulevard, Monday-Friday, 8 AM-4 PM. If you have not received the new recycling schedule from the county please let us know. You may pick one up at Borough Hall , or call and we will mail one to you.

WATCHUNG ENVIRONMENTAL COMMISSION

To Idle or Not to Idle, That is the Question

The Environmental Commission would like to highlight different areas that you can focus on and point out ways you can help improve your environment. Today's topic deals with you and your automobile.

According to the EPA, driving a car is the single most polluting thing most of us do, and in the State of New Jersey it is one of the largest source of pollutants. These particles and gases are a cause of asthma and allergies, especially among children, and increase the risk of cancer, heart and lung diseases.

Living in Watchung makes the automobile a necessity, but there are many things you can do to lessen your car's impact on the air we breathe. Read the list below and see if some changes in your behavior can reduce the amount of diesel soot and vehicle exhaust you contribute.

- Idling your car for 10 seconds uses more fuel than turning the car off and on.
- Cars warm up faster when moving.
- It does not harm your car to turn it off and on.
- When idling, you get zero miles per gallon.
- Excessive idling can damage your car's engine.
- If you are in a waiting line at a drive-thru you will use less fuel if you put the car in neutral.
- If the weather is nice and the establishment is open, park and go inside to transact your business. Burn calories not fuel.
- Idling for 20 minutes generated the same amount of hazardous emissions as driving nearly 320 miles.
- Idling more than 3 minutes is against the law in New Jersey.

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**Help the Watchung Environmental Commission
find the town's oldest tree.**

Send information to:

**Watchung Environmental Commission
15 Mountain Boulevard
Watchung, NJ 07069**

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RADON TESTING

Have you tested your home for radon? Radon is a naturally occurring radioactive gas that is the second leading cause of lung cancer, after cigarette smoking. It is the leading cause of lung cancer in non-smokers. Radon is found in all homes, but in some homes it reaches high levels that can be a health hazard. Since radon is invisible and odorless, you must test to tell you if your home has a problem. Now is a good time to test your home as it is still closed up for the winter.

Start with an initial test; its purpose is to find out if radon may be a problem in your home. You can test your home yourself by purchasing a canister from the Board of Health for \$18.00. Residents are provided with complete information as to how to do the test, and all information obtained is strictly confidential. If you wish to purchase a canister, stop by the Municipal Building. If you wish to hire someone to do the test for you, call 1-800-648-0394 for a list of certified testing firms or check the State's website at www.njradon.org

Volunteers Needed for Domestic Violence Response Team Advocates

You can make the difference in the life of someone in your community! DVRT advocates work with local police to help victims of domestic violence get the help they need to be safe and free from abuse in their homes. Specialized training is provided. For more information and to volunteer, please contact Resource Center for Women and Their Families at (908)359-0003 Ext. 213. Visit their web site at www.rcwtf.org. Any questions, you may contact Lt. Timothy Wenzel of the Watchung Police Department at (908)756-3663 Ext. 811.

From the Watchung Police Department

New Police Chief Sean Whelan is excited to report several promotions in the Police Department. William Kelly and Dan Lorimor were promoted to Sergeant and Joe Cina and Tim Wenzel were promoted to Lieutenant. Congratulations and best wishes to former Chief John Frosoni in his retirement.

We would like to remind our residents to report ANYTHING that seems suspicious to them. Any time an unknown vehicle or person enters your driveway or knocks on your door MAY be a prelude to a burglary. Please call the Department so that we can check on these vehicles or people.

Please help us get to you faster in times of emergency by ensuring that you have large numbers visible to the street so emergency vehicles can locate you quickly. Emergency Departments recommend 3" x 1/2" numbers.

Cat Licenses

Cat licenses are due during the month of May. ***The most efficient method is to mail your license request to Borough Hall.*** Simply enclose a copy of the updated rabies certificate (**the State Board of Health requires that the vaccination against rabies be valid through April of licensing year**) with your check for payment, **and a stamped, self-addressed envelope.** *Using this method will alleviate the inconvenience of waiting at Borough Hall.* Licenses can also be purchased in person Monday through Friday from 8:00 AM to 4:00 PM.

All original documentation will be mailed to you with the license and tag. A license cannot be issued without proof of a current vaccination. All cats seven months of age or older must be licensed. If you have more than one cat to register, please provide requested information for each cat. You may use a separate sheet of paper or pick up additional registration forms at Borough Hall. Proof of vaccination must be submitted with this form for each animal registered. Please use this form to mail your request to the Board of Health, 15 Mountain Blvd., Watchung, NJ 07069.

Owner's Name: _____ Date: _____

Address: _____ Phone: _____

Cat: Male _____ Female _____ Breed: _____ Date of birth: _____

Hair: Long _____ Medium _____ Short: _____ Color/markings: _____

Cat's Name: _____

Neutered _____ Spayed _____ Rabies inoculation (compulsory) Date expires: _____

Proof of rabies vaccination must be sent with this application.

Veterinarian's Name: _____



Fee Schedule:

During May, \$3.00 for NEUTERED cats
Maximum Fee \$15.00 per household

During May, \$5.00 for NON-NEUTERED
Maximum Fee \$25.00 per household

After May 31st, a \$2.00 late fee per license
Is added.

Fee Calculation

Neutered Fee: \$3 x _____ \$ _____
Maximum \$15.00 (#cats)

Non-Neutered Fee: \$5 x _____ \$ _____
Maximum \$25.00 (#cats)

LATE FEE: \$2.00 per cat \$ _____
(After 5/31)

TOTAL DUE: \$ _____

Make checks payable to:
Borough of Watchung



LIBRARY NEWS

**CHECK THE WATCHUNG WEBSITE FOR ALL PROGRAM LISTINGS.
AGE GROUPS, TIMES, DATES AND A BREIF DISCRPTION OF EACH PROGRAM
WILL BE ON THE LIBRARY SITE**

CHILDREN:

AGES 24 to 35 MONTHS WITH CAREGIVER

AGES 2 1/2 to 3 WITH CAREGIVER

JUST THREES-AGE 3 ONLY WITH CAREGIVER

BIRTH THROUGH AGE 4 WITH CAREGIVER

AGES 4 to 6

AGES 4 & UP

AGES 6 AND UP

SECOND GRADE & UP

AGES 7 to 9

AGES 8 & UP

GRADES 5 TO 8

GRADES 6 & UP

GRADES 6 TO 8

GRADES 7 TO 12

GRADES 9 TO 12

PROGRAMS FOR TEENS
PROGRAMS FOR FAMILIES
PROGRAMS FOR ADULTS
BOOK CLUBS

WATCHUNG ARTS CENTER

Spring/Summer 2008 Events Listing

The Watchung Arts Center- The Arts Center offers art exhibitions, live music performances, comedy and improv, and classes in drawing, photography, and yoga. The center is located "On the Circle", at 18 Stirling Road, in Watchung. It is easily reached from Route 22 (Plainfield overpass) or Interstates 78 (exit 40). There is ample free parking adjacent to the building, or around the corner at Best Lake. The Watchung Arts Center is a volunteer/non-profit organization.

Upcoming Events

Drawing and Painting Classes:

Drawing & Painting – March 25—June 3 (no class on April 22) Ages 11-15

Drawing – March 26—June 4 (no class April 23) Ages 6-10

Painting – March 27—June 5 (no class April 24) Ages 6-12

Summer Art Camp - Schedule to be announced—Ages 6-12.

Performing Arts Camp – Contact [**wacenter@optonline.net**](mailto:wacenter@optonline.net) or check out our website for more information as it becomes available at www.watchungarts.org

Yoga-The Basic Art – For more information visit www.cardinalyoga.com or contact Renata Cardinal at 908 754-8433, yoreca@aol.com

Powerful Women of Song - March 1, April 2 & 3, and June 7

Great Jazz Series 2008 - March 7 & 28, April 11 & 18, May 9th, June 13 & 27

Comedy/Impro - 3rd Saturday of March & the 2nd Saturday of May

Comedy Night - May 17th

"Classicals at the Circle" - Begins mid-December on Sundays at 4 PM

Darfur Benefit Concert - Sunday, June 15th at 4 PM

Art Exhibitions -March - June

More information about upcoming events regarding dates, times, age requirements and a breif description check our website at www.watchungarts.org or contact the center at 908-753-0190, email wacenter@optonline.net,

WATCHUNG FIRE DEPARTMENT



The Watchung Fire Department finished off a very strong year in 2007 and is hoping to build upon our successes in 2008. Our volunteers continue to train at the highest levels available in order to maximize our service and we've highlighted a few examples for you below. Financially, the Watchung Fire Department received three grants in 2007 totaling over \$136,000. These grants are being used to provide equipment and training, as well as a shared services study with North Plainfield and Green Brook. This ongoing study is exploring all our options regarding the feasibility of combining resources with our neighboring towns in an effort to safely improve service while limiting costs. The Fire Department continues to aggressively apply for grants in order to keep necessary operating costs as low as possible to our taxpayers.

In 2007 the Fire Department enhanced our water rescue program and plans to double our capabilities in 2008, as we strive to improve the safety of our lakes and streams. The Department also took on the responsibility of vehicle extrication and technical rescues within the Borough starting January 1st of this year. We have already doubled the available equipment and will be purchasing other vital pieces in the near future. Your volunteer firefighters are well trained in these rescues and continue to enhance their knowledge and skills while we maintain protection of our roadways. The Fire Department would like to acknowledge the Watchung Rescue Squad for its many years of services to the Borough in these specialized rescues and for its donation of equipment to the Fire Department.

The Watchung Fire Department would also like to extend our appreciation to all of our residents for their generosity during our annual fund drive and holiday boot drives at Watchung Square Mall. It was through donations that we were able to purchase a set of hydraulic tools for firefighter rescue and vehicle extrication. In addition to donations we would like to encourage anyone interested to become a member of the Fire Department. The Watchung Fire Department continues to be 100% volunteer. This is only possible if residents continue to come out and volunteer their time.

WATCHUNG RESCUE SQUAD



Since 1950

Highlights of 2007

- § Responded to 436 emergencies
- § Responded to 54 calls outside Watchung
- § Attended all Borough-organized events
- § Provided standby for school sports events
- § Finalized our building expansion plans
- § Received industry recognition and awards
- § Provided Excellence in Medical Care to your town

BECOME A VOLUNTEER
JOIN YOUR FRIENDS, NEIGHBORS, PARENTS,
DAUGHTERS, AND SONS
WHO SERVE OUR COMMUNITY TOGETHER.

Call: 908-755-1297

Website: watchungems.org



The Optimist Club of Watchung Wants You!

Have you ever thought about giving something back to the community? Would you like to help make Watchung a better place for your children to grow up? If so, a rewarding experience awaits you as a member of the Watchung Optimist Club.

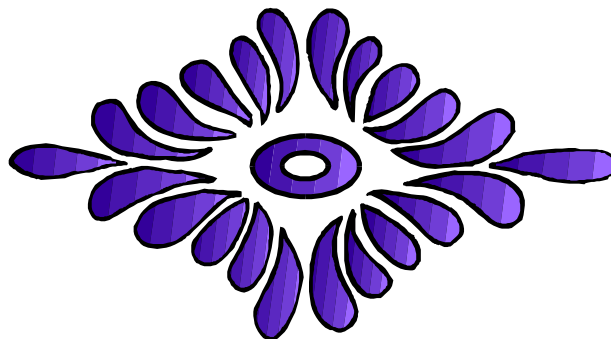
The Watchung Optimist Club is a service organization that has served Watchung since 1965. During that time, thousands of the borough's children have participated in our programs. The Optimist Club sponsors many of the community's annual events that you already know about-the Annual Fishing Derby at Watchung Lake, the Cub Scout Pinewood Derby, the Oratorical Contest at Valley View School, and the Annual Watchung Hills Regional High School Sports Banquet.

Did you know that Optimist International is one of the most active community service club organizations in North America? It's comprised of more than 115,000 members in 3,500 clubs. Promoting the motto "Friend of Youth," the Optimists conduct positive community service programs that reach in excess of 6 million young people each year. For more than 80 years, Optimist Clubs have worked with their local communities all over North America sponsoring more than 65,000 annual youth oriented grassroots volunteer service projects.

Learn more about the Optimist Club of Watchung and see how you can get involved in a positive way. The time commitment is small, but the payback is great. If you have ideas for new programs, we'd love to hear about them.

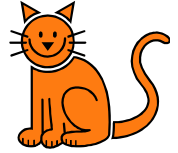
For more information on how you can begin to make a difference in the lives of Watchung's kids, please go to our website at <http://watchungoptimists.com>

Or contact: Chris Kogler - (908)757-4674
100 Tuttle Road
Watchung, NJ 07069





FREE RABIES CLINIC



The Middle-Brook Regional Health Commission will be offering one rabies clinic this spring to help our residents protect their pets against rabies. All residents are encouraged to have their dog or cat vaccinated against rabies. Spring is upon us and we can expect to see a restart of rabies activity in our local wildlife. Along with this activity comes the increased risk of exposure to rabies. If your pet has been previously vaccinated, the health department recommends that your dog or cat be vaccinated every other year. If your pet has not been vaccinated against rabies, now is the time. Please bring cats in a carrier and keep dogs on a leash.

The clinic is free to all.

DATE: Saturday, May 3, 2008
TIME: 9:00 am to 10:00 am
WHERE: Washington Valley Fire House
Washington Valley Road
Warren, NJ

No appointment is necessary

To avoid exposure to rabies:

- Do not feed or handle wild animals.
- Avoid contact with strays or pets other than your own.

If you are bitten:

- Immediately cleanse the wound thoroughly with soap and water.
- Get prompt medical attention from a physician or hospital emergency room.
- Report all animal bites to the local health department.
- For more information: http://www.state.nj.us/health/cd/f_rabies.htm



EARTH'S EASIEST EXERCISE

Walking can add years to your life and life to your years and you don't need to join a health club or buy special equipment.

- ♦ Walking conditions the heart and lungs and raises your body's ability to use oxygen more efficiently.
- ♦ Walking reduces your risk of some forms of cancer and osteoporosis. It fights the battle of the bulge. It can even help people with diabetes reduce or eliminate their need for medication.
- ♦ Walking can burn as many calories per mile as jogging does-but it's much easier on your joints and muscles.
- ♦ Walking can lessen stress and lighten depression.

There's Nothing To it

Just put on a sturdy, comfortable pair of shoes and go.

How fast should you go? Use the "talk test." Move at a steady clip that makes your heart beat faster and causes you to breathe more deeply-but doesn't leave you too breathless to carry on a conversation.



SUMMER HEALTH NEWS



LYME DISEASE REMINDER

Lyme disease is still very prevalent in our environment and the health department would like to remind everyone to take the following precautions against exposure to ticks and Lyme disease as we approach the warmer months of spring and summer.

- ♦ Avoid tick-infested areas such as wooded areas and edges, and landscaped areas covered in leaf litter, dense vegetation, or high grasses or shrubs.
- ♦ Wear light-colored clothing that makes seeing ticks easier.
- ♦ Tuck pants legs into socks and shirts into pants so ticks are forced to crawl on the outside of clothing where they are easier seen and removed.
- ♦ Use repellants to reduce the chance of tick exposure. Be sure to read and follow the label directions completely.
- ♦ Examine yourself and family members promptly after returning from the out of doors to reduce the chance of ticks feeding.



WEST NILE VIRUS

You can reduce your risk of becoming infected with West Nile Virus through a mosquito bite by taking the following precautions:

1. Use insect repellant on clothing & exposed skin as per manufacturers' instructions.
2. Wear long sleeved shirts and pants when outdoors.
3. Limit outdoor activities when mosquitoes are most active, at dawn, dusk and evenings.
4. Eliminate stagnant water around the home.

Stagnant water is a leading source of mosquito breeding and can lead to a major mosquito problem. Stagnant water can collect in many places around the home, such as birdbaths, empty ceramic pots, discarded tires, buckets, clogged rain gutters, and plastic wading pools to name just a few.

You can stop water from becoming stagnant by replacing water in your birdbaths once a week. Dispose of tin cans, plastic containers, ceramic pots and other water-holding containers that are outside; or turn them upside down when not in use. Clean and chlorinate swimming pools. Turn over plastic wading pools, wheelbarrows, and buckets when not in use. Aerate ornamental pools, or stock them with fish. Finally, use landscaping to eliminate standing water, which lasts more than four days after rain. By using these simple control measures you can help reduce the population of mosquitoes around your home. If you notice stagnant water that is not being corrected, please notify the health department at 732-356-8090.

2nd Annual Paws N' Sneakers Walk for Education
Sponsored by
The Watchung Educational Foundation

The Watchung Educational Foundation is sponsoring the 2nd Annual Paws N' Sneakers Walk for Education on Sunday, April 13, 2008 at the Watchung Lake on Mountain Boulevard, in Watchung. Event includes a leisurely walk once around the lake, live DJ, face painting, free flood-pressure screening, balloon animals, canine dress-up contest, dog obedience training sessions, pet adoptions with Rawhide Rescue and other activities. There will be contest prizes and admissions give-aways. Food, snacks and beverages will also be available. Absolute fun for all ages! Please come and enjoy even if you do not own a pooch.

The Watchung Educational Foundation is a non profit, community based philanthropic organization committed to assisting the Watchung Borough Schools in providing the resources necessary to enhance the quality of our children's educational experience.

Please bring your family, friends, and your dog! Registration begins at 10:30 am, start time is 11:30 am. Check-in at Mobus Field, on Brookdale Road around the Watchung Lake. Registration forms can be obtained from Watchung Borough Hall or can be downloaded from the website at www.wefund.org. Registration is \$10.00 per individual and \$25.00 per family of three or more. Children 5 and under and pooches are free. Pre-registration is encouraged. When you pre-register, you will qualify for a chance at a \$50.00 Target gift card.

Please visit the Watchung Educational Foundation website at www.wefund.org to find out more and download the Registration and Sponsorship forms. REGISTER NOW for the 2nd Annual Paws and Sneakers Walk for Education.

RAIN OR SHINE



LEAD POISONING

Lead can be found in many places in the environment such as:

- ◆ Lead-based oil paint on buildings. Lead paint was banned in New Jersey in 1971, but not nationwide until 1978, so any house built before 1978 may contain lead paint. Any house built before 1950 may be a particular risk, since paint made before then had very high (up to 50%) levels of lead pigments.
- ◆ In the soil, especially near factories that used lead, along heavily traveled roads (due to lead in gasoline), and on farms and orchards where lead arsenate pesticides were used.
- ◆ In the water, if the building has lead pipes, or lead solder connecting the pipes.
- ◆ On the clothes of adults who work in industry that used lead.
- ◆ In common hobbies, such as stained glass, pottery making, or home manufacture of fishing sinkers or bullets.
- ◆ On consumer products, such as pottery, toys, crayons, and vinyl mini-blinds imported from countries that do not ban the use of lead in these products.

New Jersey State law requires every physician, nurse practitioner, and health care facility to screen all children under six year of age who come to them for care. Parents have the right to refuse to have the test done for any reason. There is no requirement that children be screened for lead poisoning before they can go to school or child care. All children should be screened for lead poisoning at 12 and 24 months of age. Any child older than 3 years, but less than 6 years old, who has never previously been screened, should also be screened. In addition, any child who is six months of age or older, and is exposed to a particular lead hazard, should be screened.

STORMWATER POLLUTION SOLUTIONS

EASY THINGS TO DO EVERY DAY TO PROTECT OUR WATER

Limit use of fertilizers and pesticides.

- ♦ Do a soil test to see if you need fertilizer.
- ♦ Do not apply if heavy rain is predicted.
- ♦ Check for alternatives for pesticides.
- ♦ If you use fertilizers or pesticides, follow the instructions on the label.
- ♦ Maintain a small lawn, leaving the rest of property in a natural state.

Properly use and dispose of hazardous products.

- ♦ Hazardous products include some household or commercial cleaning products, lawn and garden care products, motor oil, antifreeze, and paints.
- ♦ DO NOT pour hazardous products down a storm drain-they are usually connected to local water bodies and the water is not treated.
- ♦ Read labels for guidance on use and proper disposal.
- ♦ When possible use less toxic or natural alternatives.
- ♦ Recycle used motor oil.
- ♦ Check with municipality or county regarding locations and dates for hazardous-waste disposal.

Keep pollution out of storm drains.

- ♦ Municipalities are required to mark certain storm drain inlets with messages reminding people that the storm drains are connected to local waterbodies.
- ♦ DO NOT let sewage or other wastes flow into a stormwater system

Clean up after your pet.

- ♦ Use newspaper, bags or pooper-scoopers to pick up wastes.
- ♦ Dispose of the wrapped pet waste in the trash or unwrapped in a toilet.
- ♦ NEVER discard pet waste in a storm drain.

Don't feed wildlife.

- ♦ DO NOT feed wildlife, such as ducks and geese, in public areas.
- ♦ Municipalities must enact and enforce a rule that prohibits wildlife feeding in public areas.

Don't Litter.

- ♦ Place litter in trash receptacles.
- ♦ RECYCLE. RECYCLE. RECYCLE.
- ♦ Participate in community cleanups.

Dispose of yard waste properly.

- ♦ Keep leaves and grass out of storm drains.
- ♦ Follow the municipal yard waste collection rules.
- ♦ Use leaves and grass clippings as a compost.
- ♦ Use a mulching mower that recycles grass clippings into the lawn.

Additional information is available on the following websites:

www.njstormwater.org

www.nonpointsource.org

Or the U.S. Environmental Protection Agency Web sites:

www.epa.gov/npdes/stormwater

www.epa.gov/nps

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lfellin@watchungnj.com

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Charles Gunther 753-6115
cgunther@watchungnj.com

Construction Official/Zoning Officer

Ed Bennett 756-6093
ebennett@watchungnj.com

Watchung Hills Regional High School

Grades 9 through 12
108 Stirling Road
Warren, NJ 07059
647-4800

Police

Emergency 911
Non-emergency 756-3663

Emergency Management

Contact Police Dept. 756-3663

Engineering Office

Tom Herits 756-0091
therits@watchungnj.com

Tax Assessor

Ed Kerwin 756-3366
ekerwin@watchungnj.com

Tax Collector

Catherine L. Park 756-8333
cpark@watchungnj.com

Bayberry Elementary School

Kindergarten through 4th Grade
Bayberry Lane
755-8184

Fire Department

Emergency 911
Non-emergency 561-9389

Watchung Arts Center

for information call: 561-0190

Watchung Public Library

Library Hours:

Monday-Thursday.....10am-9pm
Friday.....10am-4:30pm
Saturday.....10am-4pm
Sunday.....Closed
Closed Saturdays during July/Aug.
561-0117

Valley View Middle School

Grades 5 through 8
Valley View Road
755-4422