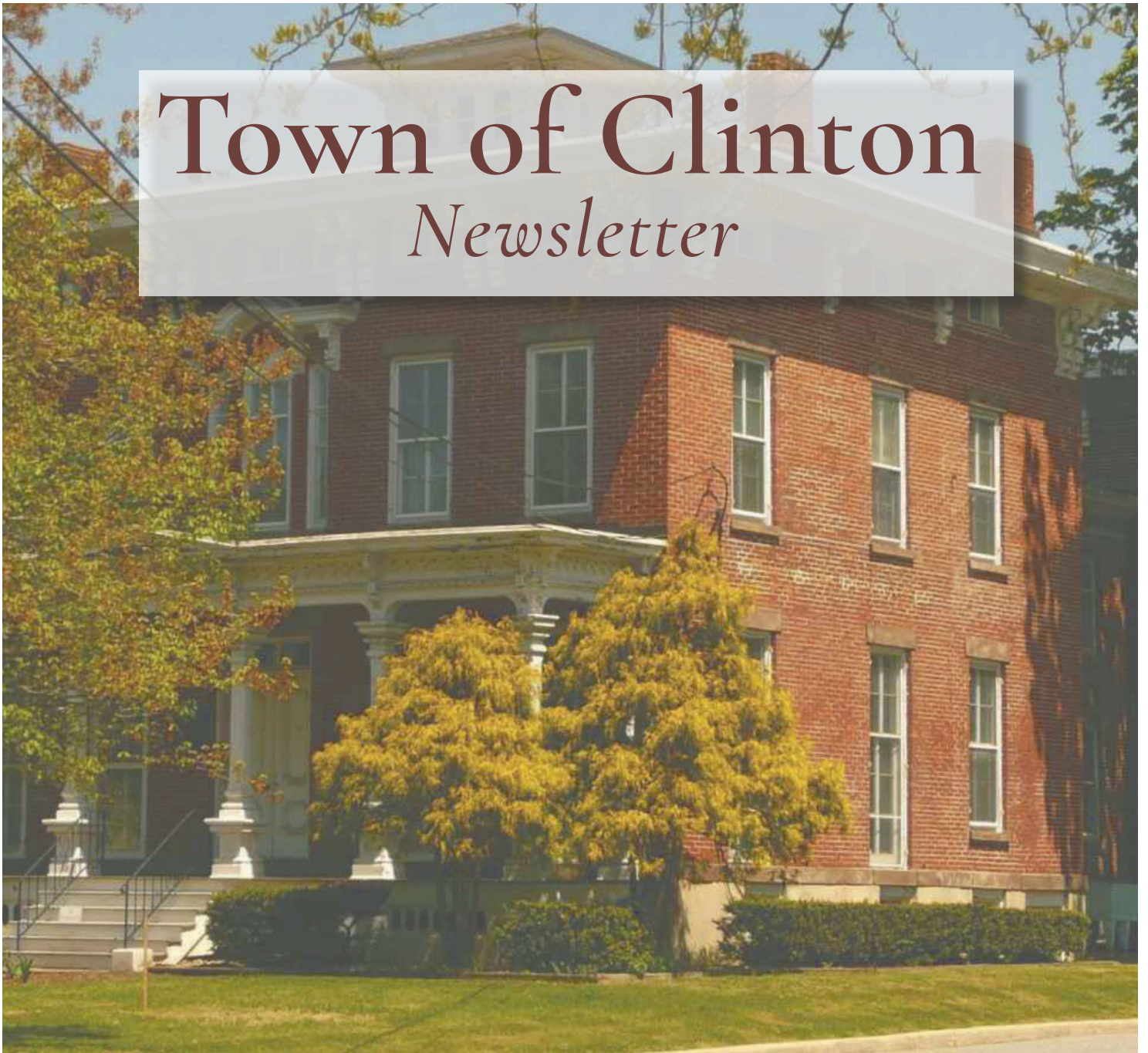


# Town of Clinton

## Newsletter



SEPTEMBER  
OCTOBER  
**2022**

TOWN  
OF  
CLINTON

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43 Leigh Street  
Clinton, NJ 08809



(908) 735-8616



info@clintonnj.gov



www.clintonnj.gov

# FROM THE MAYOR

Janice Kovach, Mayor

Here's to a new school year and an extraordinary season of activities in Clinton. While I am writing this to you prior to the inaugural Hunterdon Games, I am confident in making an earnest prognostication: Clinton will show other municipalities who we are, what we are made of, and how great our Clinton community is! I don't want to jinx it by predicting our finish (although I am more than confident to say we were on the podium).

I hope that everyone had a fabulous summer with family and loved ones. In the two and a half years since the COVID pandemic hit us, we are almost back to a pre-pandemic normal,

yet are seeing changes that now feel permanent. The restaurants and shops are open, the events and activities are back, and the joy of gathering with neighbors, family and friends is seen throughout the community. Yet remote working has greatly increased, healthcare has radically changed, and our communities are depending increasingly on local merchants while at the same time ordering more goods online. Communities – ours and others – are a little different.

To all of our new residents in town - WELCOME! Clinton is an amazing community that we all are proud to call home. And for me in particular, it is where I spent a good part of my childhood and where I raised my children.



One of my favorite song verses goes, "There's only one place they call me one of their own...who says you can't go home?" I certainly am home, right here in Clinton, and I hope that you find that Clinton calls you one of our own. I look forward to seeing all of you out and about in town.



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## SIDEWALK CLEARANCE

For residents with shrubs/plants that overhang into the sidewalks, we ask that you please trim them accordingly. The last thing we want is for a pedestrian to be forced into the street due to an overgrown shrub.

## SCRAP METAL RECYCLING

Residents are invited to take advantage of free scrap metal recycling offered by the Town. Recycling dumpsters are located at the Town's Waste Water Treatment Plant (2 Ramsey Road), and are open Monday through Friday from 7AM – 3PM.

## GARBAGE COLLECTION

The garbage collection services that are provided by the Town are for residential customers only, not commercial entities. Commercial entities are required to arrange for private collection.

NOTE: The trash cans located throughout the Town are for trash generated by pedestrians, not for

commercial or residential use.

## GRASS CLIPPINGS

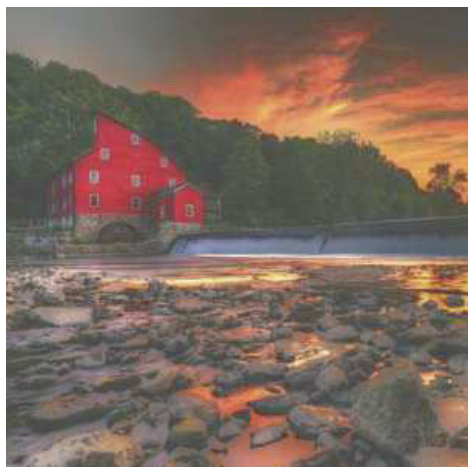
While the Town does collect grass clippings each week, we strongly encourage residents to mow their lawns with a lawnmower that is equipped with a mulching blade. This achieves several things. First, the clippings actually help to improve the strength and health of your existing lawn. Secondly, by not bagging the grass clippings,

the Town does not have to pay the trash hauler to dispose of them. The fewer bags to collect, the lower the collection costs to the Town. For more information on our trash recycling, brush and leaf collection, please scan this QR code.



## MATTRESSES & BOX SPRINGS

Recently, the Town has been advised by our trash hauler, Republic Services, that for several health reasons, all mattresses and box springs that are picked up as part of the Town's Bulk Collection Services must be placed in plastic mattress bags and sealed with duct tape.



## LEARN MORE

There are many different ways to learn about what is going on in the Town of Clinton as well as the entire County. We recommend visiting the following websites and signing up e-mail updates:

**Town of Clinton**  
[www.clintonnj.gov](http://www.clintonnj.gov)

**Clinton Police Department**  
[www.clintonjpolice.com](http://www.clintonjpolice.com)

**South Branch Emergency Services**  
[www.clintonems.org](http://www.clintonems.org)

**Clinton Fire Department**  
[www.clintonfd.org](http://www.clintonfd.org)

**Hunterdon County**  
[www.co.hunterdon.nj.us](http://www.co.hunterdon.nj.us)

**Hunterdon County Department of Public Safety**  
[www.co.hunterdon.nj.us/911](http://www.co.hunterdon.nj.us/911)

Additionally, several of the entities above have separate Facebook pages as well, so feel free to "Like" them for additional updates.

# COUNCIL HIGHLIGHTS

April - June, 2022

## APRIL 13, 2022

### Annual River Clean-up

Will be held April 23rd and organized by the Environmental Commission and Councilman Humphrey. The EC also discussed making it mandatory for residents to have garbage cans with lids to avoid debris flying around.

### Friendliest Town

Clinton has been named the Friendliest Town in New Jersey!

### Local Government Week

A day was held at Clinton Public School with Dr. Cohen and students. Touch a truck was a success following a rain delay.

### Booster Club Raising Funds

Partnered with Pro-activity Base Camp running a fundraiser of recycling sneakers.

## APRIL 27, 2022

### COVID-19 Ratepayer Relief

The Town is offering residential ratepayers experiencing economic hardship during the COVID-19 pandemic. Please visit the Town's website for more information.

### Plastic Bag Ban

Mayor Kovach reminded everyone that the plastic bag ban goes into effect May 4th.

### Autism Patches

The Clinton Police Department delivered a \$4,000 check to ARC from the sale of the Autism patches during the month of April, Autism Awareness Month! Officer Andrew Lerner is to be recognized for his efforts!

### Take Your Kid To Work Day

April 28th was "Take your kid to work day"!

### Vintage Baseball Game

Held April 23rd at Gebhardt Field. It was a fun event with great participation from team players!

### Town Picnic

Scheduled for September 10th, rain date September 17th, at Hunts Mill Park.

### Community Center Rentals

Mr. Perloff and Mr. Humphrey will post newsletter ads that the Community Center is available for rentals.

### Façade Grant Program

A garden party fundraiser was held June 11th in conjunction with the Red Mill Museum Village. Owners gave a history of their home and shared their beautiful gardens in full bloom. The Smerillo family was awarded \$1,000 to restore the window restoration project.

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POWER AGENT

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**Amy De Vita**  
REALTOR-ASSOCIATE



## Summer Recreation

Registration is closed. 132 children registered, the majority are full day. Samantha, the new director, is excited about a fun camp!

## MAY 11, 2022

### Leaf Collection

Partnership with Grow a Row was very successful and will be done again in September!

### Eagle Scout Badge

Paul Smith will be working towards his Eagle Scout badge by making a new kiosk, such as the one at the Water Street lot, to be placed at the Lower Center Street.

### Playground Fund Raiser

Fund raiser for the playground project was very successful! Town Wide Garage Sale Was held June 4. No fee or map, but it was advertised in the newspaper and signs were displayed throughout town.

### New Police Officer

Alex Jaszyn is currently in the academy and will start with the town after he graduates in June.

### Grill Nights

First grill night was May 20 and the Platinum Club attended, enjoying burgers and Friday Fun Night!

### Platinum Brunch

Held June 5. The Club is seeking sponsors and would like to set up a vendor area where attendees can learn about nutrition, wellness, exercise etc.

### Arbor Day Celebration

Held April 29 at Hunts Mill Park. Tree dedicated to John and Kathy Madden. Third graders enjoyed their participation and all left with seedlings.

## MAY 25, 2022

### National Gun Violence Awareness

Mayor Kovach read a proclamation declaring the first Friday of June to be National Gun Violence Awareness Day.

### Clinton Guild Birdhouse Competition

It was a success. Twenty-six birdhouses entered. There were three winning age categories which were 11 and under, 12 thru 17, and 18 and older.

## JUNE 8, 2022

### Flag Day Bike Parade

Held June 10 with a bike safety program presented by Clinton Police.

### Rubber Ducky Race

The annual event sponsored by the Sunrise Rotary was held July 10.

### The Superhero Race

Hoping to make a return to Clinton, October 8.

### Hunterdon Games

Union Township Mayor, David De Giralamo and Mayor Kovach are joining forces to hold the Hunterdon Games, an Olympic style competition on August 20.

### New Fire Department Member

The department welcomed Anthony Durante as a full member.

### Grill Night

Held June 5 at the fire department and went well! The next grill night was held June 24.

### Color Run

Booster Club is hosting a Color Run, June 24, at Gebhardt Field. The Run is encouraging kids with disabilities to join in.

## NEW STATE REQUIREMENTS Lead & Galvanized Water Pipe Lines

In accordance with New Jersey P.L. 2021, Chapter 183, signed into law July 2021, all public water systems are required to fully inventory their customer service lines and develop a replacement program to remove all identified lead or galvanized service lines in the system. All water customers are being asked to complete and submit an online "Water Service Line Survey" to properly identify the customers type of water



service line, which should take less than five (5) minutes can be accessed by this QR code.

## Lead Paint Inspection

Lead exposure is known to damage the brains of children and create learning and behavioral problems. S1147 takes aim at lead paint and dust, the most common sources of exposure, by creating a new requirement that any rental property in New Jersey built before 1978 be inspected for lead.

## Business and Landlord Insurance Certification

S-1368 requires that all business owners and owners of multifamily rental units to maintain certain levels of liability insurance.

Learn more about these new NJ laws by contacting the Town of Clinton at (908) 735-8616

# ECONOMIC DEVELOPMENT

John Creech, Chairperson, [creechjohn6@gmail.com](mailto:creechjohn6@gmail.com)

## WHEN DID YOU FALL IN LOVE WITH CLINTON?

When did you Fall in Love with Clinton? We all have our stories of when Clinton became special to us. The Economic Development Committee tapping into this as it develops "Fall in Love with Clinton" as the focus of a new branding campaign for the Town of Clinton.

Once our exciting new logo design is approved, the EDC will launch a marketing campaign that highlights the experiences of our residents and visitors, attracting visitors, new businesses and residents to Clinton. Reaching out to the entire multi-state region, our campaign will share the benefits of working, living and visiting Clinton to a larger audience.

This, in turn, will trigger the EDC's plan to revamp our new way-finding

and parking management signage strategy.

So email us your story of when you feel in love with Clinton at [LoveClinton@clintonnj.gov](mailto:LoveClinton@clintonnj.gov)

## THE RETURN OF THE SUPERHEROES!

We are so happy that the Hunterdon County Economic Development and Tourism Department supported the EDC with a grant focused on reinvigorating events that could not be held during the COVID pandemic. Because of this grant, approved by the County Commissioners, the Town and Main Street Marathon of Hunterdon will be hosting the Superhero Sprint race for children on beautiful Main Street in Clinton on October 8 from 1:00 – 4:00 pm.

The afternoon will include superhero themed activities, food and shopping, a Sunken Silo beer garden, County services and information, family related vendors and much more, culminating in an adorable sprint down Main Street. This event attracted hundreds of families to Clinton prior to the pandemic, and the EDC is proud to play a role in resurrecting it. The race will benefit the Halstead Street Playground Project.

To register your superhero kiddos for the race and to become an event



sponsor or vendor to support the Park project and participate in this community event, use this QR code.



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## NEW JERSEY DEPARTMENT OF HUMAN SERVICES HUNTERDON DEVELOPMENTAL CENTER

We are actively recruiting  
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Please contact our HR Dept. at (908)  
735-4031, ext. 1135 for details.  
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## OPEN MEMBERSHIP

We are always reaching out to members and those wishing to be members. The Platinum Club serves residents over 55 years of age. Our mission in creating this Club is to promote healthy aging, independence, and the well-being of older adults through health, wellness, educational, cultural, and recreational programs and services. Our goal is to create a fun and enjoyable atmosphere to connect with one another and the community.

## 9 TIPS FOR HOME MEDICATION MANAGEMENT

### Gather all medications, vitamins, OTC meds, and supplements into one location.

If they're all stored in different locations, it's easy to lose track of the prescribed medication, vitamins, over-the-counter medication, or supplements that are being taken. For example, some older adults might keep certain pills in the kitchen, some on the bedside table, and others in the bathroom medicine cabinet. It's especially important to include over-the-counter medications because they could still cause negative drug reactions when combined with prescription medications.

### Make sure medication is stored properly.

In general, medication should be kept in a cool and dry place. That means the bathroom cabinet isn't a good idea – moisture and heat can affect drugs. Medications should also be kept safely away from children or pets.

### Create and maintain an up-to-date medication list.

To prevent negative drug interactions, it's essential to know exactly what medications an older adult is taking. Be sure to know: The names of each prescription medication, over-the-counter medication, vitamins, and supplements; How often each item is taken; What dosage of each item is used; The healthcare provider who prescribed each prescription medication; The purpose of each item and/or symptoms it's supposed to treat; Whether each item is for short-term or long-term use.

### Pre-sort medications for the week.

Staying organized is essential to good medication management for seniors. Using a pill organizer allows you to help your older adult pre-sort their medications for the week. The best type of pill organizer for your older adult is one with enough compartments for every dose they'll need throughout the day.

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### Double check for negative drug interactions.

To make sure there aren't any interactions that the doctor or pharmacist could have missed, use an online drug interaction checker. If any interactions are found, call the doctor or pharmacist for advice right away (don't make any changes on your own).

### Make sure medication instructions are clear.

With medications, it's absolutely essential to follow the doctor's instructions. That minimizes the risk of negative drug interactions, side effects, or reducing the drug's effectiveness. Make sure you understand which medications are safe to take at the same time and which need to be spaced out.

### Set up a medication reminder and tracking system.

With so many medications, it can be tough to remember when to take each dose. To help, you can create a simple chart with the medication name and dose, day, and time of day. With each dose, record it with a check mark. Or you might like to set a series of alarms on your mobile phone. Tech-savvy seniors might find a medication management app useful.

### Know the likely side effects of medications.

Watch for any health changes that can happen after you start a new medication, increase doses, or combine medications differently. If you notice changes or problems, contact your doctor right away.

### Plan ahead for medication refills.

With long-term prescription medications, it's essential to get refills on time so you won't run out and miss doses. Your doctor can prescribe a 90-day supply through a mail-order pharmacy. Many pharmacies also offer automatic refills, will notify you when the prescription is ready to be picked up, or even offer free prescription delivery services so you won't have to go pick them.



The Town of Clinton invites you to

# JOIN OUR COMMUNITY

- ◆ Recreation
- ◆ Seniors
- ◆ Communications
- ◆ Land Use
- ◆ Historic
- ◆ Economic Stability
- ◆ Shade Tree
- ◆ Environmental
- ◆ Fire and Rescue

**LEARN MORE AT**

**[WWW.CLINTONNJ.GOV/VOLUNTEER-OPPORTUNITIES](http://WWW.CLINTONNJ.GOV/VOLUNTEER-OPPORTUNITIES)**



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## USING NATIVE PLANTS IN YOUR LANDSCAPE

Fall is just a few weeks away, and you're probably already thinking about what to plant this year that will help for vibrant landscaping for next year.

Many of us choose plants for aesthetic reasons—we like their color or shape or the way they smell. But the plants that catch our eye in garden centers aren't always those that support healthy ecosystems for creatures, including birds, bees, butterflies and other wildlife.

Many garden centers are filled with flowers, shrubs and trees native to other continents. At best, these "exotic" plants are like an empty pantry, providing little to sustain wildlife. At worst, they may be invasive and spread aggressively throughout the landscape, pushing out beneficial native plants. This year, why not do wildlife a favor and "go native" in your yard and garden?

What exactly is a native plant? Natives are those that occur naturally, without human introduction, in a specific location. Only plants found in New Jersey before European settlement are considered to be native to this state we're in. The Native Plant Society of New Jersey has identified over 2,000 native plant species!

The advantage of native plants is that they're well adapted to local climate and soils, which makes them generally hardier than non-natives. When planted in the right place, natives flourish with minimal care. Once established, they grow well with normal rainfall and need little, if any, additional watering. They also don't need fertilizers or pesticides, which protects water resources from contamination.

If you think that native plants aren't as pretty and colorful as exotics, think again! The Garden State has a wide variety of native flowers, shrubs and trees that look gorgeous and provide food and shelter for wildlife! Cardinal flower, Eastern columbine, bee balm, orange butterfly weed, purple coneflower, black-eyed Susan, wild geranium, rose mallow, Virginia bluebells, and New England aster are only a few of the showy native wildflowers that look fantastic and attract pollinators.

So where do you start? First, find out which plants are native to your specific location, since soil and climate can make a big difference.

Then figure out how much grassy lawn you really need. Replacing portions of lawn with native plantings can be of great benefit. In addition to providing food and shelter for wildlife, you'll spend less time mowing and watering, and can ditch the harmful pesticides and fertilizers.

There are plenty of online resources to help you decide what natives to plant, and where. One good one is the New Jersey Yards website, [www.jerseyyards.org](http://www.jerseyyards.org).



New Jersey Yards features an extensive database of New Jersey native plants and "Jersey friendly" non-natives that don't spread. The search function allows people to filter for various criteria, including region, soil type, light requirements, bloom time, deer resistance, and type of wildlife that will be attracted. So whether you have a sunny yard in the Pine Barrens or a shady spot in the Highlands, you'll be able to choose plants that will thrive.

To learn what plants to avoid, see the "Do Not Plant" list on the New Jersey Invasive Species website at [www.fohvos.info/invasive-species-strike-team/info-center](http://www.fohvos.info/invasive-species-strike-team/info-center).

## SEEKING NEW MEMBERS

The Environmental Commission works to the environmental future of Clinton. From setting environmental policies, organizing town-wide cleanup events, and educating the community on sustainability issues, members of the EC make a long-lasting difference.

In addition, the EC is re-launching the Clinton Green Team. Sponsored by Sustainable Jersey, the Green Team help build policies, develop best practices, and raise grant funding for exciting town projects.

This is a great opportunity be part of something special and get more involved in the Clinton community. Contact Councilman Michael Humphrey at [mhumphrey@clintonnj.gov](mailto:mhumphrey@clintonnj.gov).

# SHADE TREE COMMISSION

John Kashwick, Chair, [jkashwick@gmail.com](mailto:jkashwick@gmail.com)

## TOWN RECEIVES TREE PLANTING GRANT

Earlier this year, the Town removed several dead ash trees from the retention basins around Haver Farm Road. The Shade Tree Commission is pleased to announce that the Town is the recipient of a New Jersey Urban and Community Forestry Grant to plant trees in the Town. We will be planting a variety of native species of trees around the basins, which will provide much-needed shade to the area. Trees provide not only shade but also habitat for birds, help stabilize the soil, and filter and slow water runoff. The National Arbor Day Foundation lists the following benefits of trees:

**1.** The net cooling effect of a young, healthy tree is equivalent to ten room-size air conditioners operating 20 hours a day. (U.S. Department of Agriculture)

**2.** If you plant a tree today on the west side of your home, in 5 years your energy bills should be 3% less. In 15 years, the savings will be nearly 12%. (Dr. E. Greg McPherson, Center for Urban Forest Research)

**3.** Having large trees in yards along streets increases a home's value from 3 percent to 15 percent. (Wolf, Kathleen L, PhD, University of Washington)

**4.** Planting trees means improved water quality, resulting in less runoff and erosion. This allows more recharging of the

groundwater supply. Wooded areas help prevent the transport of sediment and chemicals into streams. (USDA Forest Service)

**5.** In laboratory research, visual exposure to settings with trees has produced significant recovery from stress within five minutes, as indicated by changes in blood pressure and muscle tension.

The Shade Tree Commission will be working with the Clinton Conservancy Gardens on the project planning this fall and we hope to have the trees planted next year. We will be asking for assistance from neighbors to help care for the trees such as keeping the young trees watered during the summer months.



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## **SATURDAY, SEPTEMBER 10**

Music at the Mill

5:30 - 8:30 PM, Red Mill Village

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

## **SATURDAY, SEPTEMBER 10**

Art Party and Auction

6-9 pm, Hunterdon Art Museum

[www.hunterdonartmuseum.org/2022-artparty-auction](http://www.hunterdonartmuseum.org/2022-artparty-auction)

## **SATURDAY, SEPTEMBER 10**

*Rain date: SATURDAY, SEPTEMBER 17*

Town Picnic

3:00 pm, Hunts Mill Park

## **SATURDAY, OCTOBER 8**

Super Hero Sprint

3:00 - 3:30 pm, Main Street

[www.mainstreetmarathon.com](http://www.mainstreetmarathon.com)

## **SATURDAY, OCTOBER 8**

Main Street Expo and Packet Pick-up

1:00 - 4:00 pm, Hunterdon Art Museum

[www.mainstreetmarathon.com](http://www.mainstreetmarathon.com)

## **SUNDAY, OCTOBER 9**

Half Marathon and Relay

8:00 am, Hunts Mill Park

[www.mainstreetmarathon.com](http://www.mainstreetmarathon.com)

## **SUNDAYS, THRU OCTOBER**

Clinton Farmer's Market

9:00 am - 1:00 pm,

County Library, 65 Halstead Street

## **FRIDAY, OCTOBER 14, 21, 28**

## **SATURDAY, OCTOBER 15, 22, 29**

Haunted Mill

Tickets on sale 5:00 pm, opens at dusk

Red Mill Village

[www.facebook.com/HauntedRedMill/](http://www.facebook.com/HauntedRedMill/)

## **WEDNESDAY, OCTOBER 5**

CPS PTO Golf Outing

9:00 am - 5:00 pm

Beaver Brook Country Club

## **SATURDAY, OCTOBER 15, 22, 29**

Happy Haunts - Kid Friendly

10:00 am - 1:00 pm, Red Mill Village

## **SUNDAY, OCTOBER 16**

Unity Bank Charity Car Show

10:00 am - 2:00 pm

Unity Bank, 64 Old Highway 22

[www.unitybank.com/special-pages/carshow](http://www.unitybank.com/special-pages/carshow)

## **FRIDAY, OCTOBER 21**

Pumpkin Fest

6:00 - 9:00 pm, Downtown Clinton

## **SATURDAY, OCTOBER 22**

Free Rabies Clinic (new date!)

8:00 - 11:00 am, Municipal Barn

*Online registration will be available*

## **TUESDAY, NOVEMBER 8**

Election Day

6:00 am - 8:00 pm

Community Center, 63 Halstead Street

## **FRIDAY, NOVEMBER 25**

Lighting of Community Christmas Tree

6:30 - 7:30 pm, Downtown Clinton

## **FRIDAY, NOVEMBER 25 thru**

## **SUNDAY NOVEMBER 27**

Dicken's Days

11:00 am - 6:00 pm, Downtown Clinton

## **FRIDAY, DECEMBER 2**

Christmas Parade

7:00 - 9:00 pm, Downtown Clinton

# CLINTON POLICE DEPARTMENT

Cory Kubinak, Police Chief, 908-735-8611

## PEDESTRIAN SAFETY

The Town of Clinton has many pedestrians and is a walk-to-school district. We all, drivers and pedestrians, need to be aware of our surroundings while walking and driving. It's everyone's responsibility to be safe on and near our streets.

Please look before you step into the street, a pedestrian's right-of-way is only theirs when the driver has the time to stop. Never rapidly approach a crosswalk and attempt to cross without stopping and looking to see if it's safe. The pedestrian will lose.

## 8 Safety Tips for Drivers

1. Look out for pedestrians everywhere, at all times.
2. Use extra caution when driving in hard-to-see conditions, such as nighttime or bad weather.
3. Slow down and be prepared to stop when turning or otherwise entering a crosswalk.
4. Yield to pedestrians in crosswalks and stop well back from the crosswalk to give other vehicles an opportunity to see the crossing pedestrians so they can stop too.
5. Never pass vehicles stopped at a crosswalk. There may be people crossing where you can't see.

6. Never drive under the influence of alcohol and/or drugs.
7. Follow the speed limit, especially around people on the street, in school zones and in neighborhoods where children are present.
8. Be extra cautious when backing up and look for pedestrians.

## 8 Walking Safety Tips

1. Follow the rules of the road and obey signs and signals.
2. Walk on sidewalks whenever they are available.
3. If there is no sidewalk, walk facing traffic.
4. Cross streets at crosswalks or intersections. Look for cars in all directions, including those turning left or right.
5. If a crosswalk or intersection is not available, locate a well-lit area where you have the best view of traffic. Wait for a gap in traffic that allows enough time to cross safely; continue watching for traffic as you cross.
6. Watch for cars entering or exiting driveways, or backing up in parking lots.
7. Avoid alcohol and drugs when walking; they impair your abilities and your judgment.
8. Embrace walking as a healthy form of transportation - get up, get out and get moving.



## TRAFFIC GRANTS FOR DISTRACTED DRIVING

Distracted driving is any activity that diverts attention from driving, including talking or texting on your phone, eating and drinking, talking to people in your vehicle, fiddling with the stereo, entertainment or navigation system. Texting is the most alarming distraction. Most people don't realize that sending or reading a text takes your eyes off the road for at least 5 seconds. You cannot drive safely unless the task of driving has your full attention. NHTSA lists distracted Driving as killing 3,142 people in 2020.

## SOUTH BRANCH EMERGENCY SERVICES

Frank Setnicky, SBES Chief, [chief@sbes365.org](mailto:chief@sbes365.org)

It was his family's tradition of service that led South Branch Emergency Services (SBES) Trustee **Rick Hannigan** to volunteer more than 49 years ago. Rick's dad spent more than 49 years as volunteer firefighter with the High Bridge Fire Department, where his uncles were also members and one a past chief. Rick followed their example, but on a different path. He joined High Bridge Emergency Squad and became a volunteer EMT.

Rick, who is now 68, retired last year from AT&T, where he managed real estate operations. He has been on countless calls over the decades. "My most rewarding call happened in the 1990s when the crew I was on assisted a woman with childbirth," he said. "I was able to help a new little person come into the world." His most challenging call required him to transport his own mother to a

specialist to confirm an ALS diagnosis. Another member of his squad took a day off from work to help with the transport. Yet another sat with Rick during his mom's final hours of life.

"The role of family and the support they provide to emergency and fire department members is critical to a successful career. I was blessed with a family that supported my commitment and my son continues the tradition as a career fire fighter", Rick noted.

Rick was president of High Bridge Emergency Squad for 12 years. In recent years, High Bridge squad leaders and members concluded that a merger with Clinton First Aid & Rescue Squad to form a new organization - SBES, was the right thing to do. They merged in July 2020 and were joined in January 2022 by Hampton Emergency Squad.



Now that he is an SBES trustee, Rick no longer rides the ambulance. Yet he has a role in shaping the service the organization provides and its financial needs. "It's an opportunity to provide some business perspective to an organization that provides a very critical service in our community."

## CLINTON FIRE DEPARTMENT

Jeffrey Hedden, Fire Department Chief, [jhedden@clintonfd.org](mailto:jhedden@clintonfd.org)

Three of our volunteers, Tanner Rogers, Paul Moline and Jeff Hedden, recently graduated from North Hunterdon High School. Jeff Hedden completed the 200+ hour Firefighter 1 training at the County Emergency Services Training Center and received his New Jersey Certification. This makes Jeff a 5th generation Hedden firefighter!

The CFD celebrated the return of "Grill Nights" for the public in May, June and August. We were so happy to have the community back at the firehouse.

We also made our annual appearance in the July Fourth Parade



in Lebanon and we were proud to have the Wintermute father-son duo show off LuLubelle to the crowd. Our antique 1926 pumper had 95 years of combined fire service riding with her

with the Wintermute team on board.

In July, CFD Training Officer, Chris Query was sworn in as a career firefighter for Robbinsville by his father/ex-captain Jim Query. Chris joins a long list of CFD members that have made firefighting a full time career. We wish him a safe and healthy career and are excited that he will continue to run with CFD between his shifts in Robbinsville.

CFD also assisted the Clinton Summer Recreation Program by hosting Firehouse Day and Hose Down. CFD volunteers were happy to show off our station and help the kids cool off on a 90 degree summer day!

# SUMMER IN CLINTON

*Photos by Michael Humphrey*



# SUMMER IN CLINTON

*continued*





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## SIX DIABETES MYTHS BUSTED

With an increasing number of Americans affected by diabetes, 24 million have diabetes and an additional 57 million are at risk, it is important for everyone to understand diabetes fact from fiction.

In an effort to promote understanding during National Diabetes Awareness Month, Marc Wolf, registered pharmacist and founder and CEO of Diabetic Care Services, addresses some of the most common diabetes myths.

### **Diabetes Myth 1: *You can have a minor case of diabetes or borderline diabetes.***

Many people believe they only have a “borderline” case of diabetes, but there is absolutely no such thing as borderline diabetes; you either have diabetes or you do not. In fact, people who believe the borderline diabetes myth can be in serious danger of experiencing a number of diabetic complications. It is possible to have a condition known as pre-diabetes, in which a person frequently experiences blood glucose levels that are above average but not high enough to be considered an indicator of diabetes. Pre-diabetes is a serious condition that must be monitored and managed constantly to avoid development of diabetes and other associated complications.

### **Diabetes Myth 2: *People with diabetes are all overweight.***

While type 1 diabetes has nothing to do with one’s weight, obesity can be a trigger for type 2 diabetes. Body fat can interfere with the body’s ability to use insulin, causing type 2 diabetes. However, this is not the only cause of type 2 diabetes, and not all people with type 2 diabetes are overweight. Family history and genetics also play a large role.

### **Diabetes Myth 3: *Sugar, chocolate and other sweets are off-limits to people with diabetes.***

People with diabetes are able to eat sweets, chocolate, or other foods with sugar as part of a healthy and balanced meal plan. As long as diabetics can identify the carbohydrate values in the treats they are eating, they can adjust daily meal plans accordingly.

### **Diabetes Myth 4: *People with diabetes have to eat special food.***

People with diabetes do not need to eat “special” food. The same nutrition guidelines that apply to the general population also apply to diabetes; maintain the proper balance between carbohydrates, fat and protein, avoid saturated and trans fats, and foods high in sodium and sugar.

### **Diabetes Myth 5: *Diabetes hinders a person’s ability to perform well at work or school.***

Absolutely not. Although diabetes is a long-term disease without a cure, it can be managed if treated properly, allowing someone living with diabetes to lead a full and active life. However, people living with diabetes must plan ahead and take extra precautions when necessary. For example, taking food and medication with them on a long shopping trip or car ride, business meeting or to class and after school activities.

### **Diabetes Myth 6: *Stress can cause type 2 diabetes.***

This diabetes myth is not true. Although stress is a leading factor in many illnesses, high levels of stress have not been clinically proven to directly cause diabetes. But large amounts of stress are not good for anyone, and stress can worsen the disease by triggering other medical conditions or complications.

# TOWN PROFILE

by Michael Humphrey, Councilman,

## KATHY OLSEN, CFO, Tax Collector & QPA

Small town governments like Clinton can only thrive with smart, disciplined, and highly skilled Chief Financial Officers, and we have one of the best in **KATHY OLSEN**. I had the honor to interview her and introduce this remarkable professional to those who don't know here yet.



### Q. What is your role with the Town?

**A.** *I am the Chief Financial Officer, Tax Collector and Qualified Purchasing Agent. I have been with the Town of Clinton since March of 2006 and have enjoyed 17 years working for our residents. Prior to coming to Clinton I worked for my hometown, the Township of Springfield, Union County, for 14 years. So, I've been in this business going on 31 years.*

### Q. Tell us about what your job?

**A.** *The responsibilities of the CFO are governed by the State of New Jersey. A CFO must complete a program thru Rutgers University, then sit for a State examination. If you pass you are issued a license from the State of New Jersey that has to be renewed every two years. The CFO is also the Treasurer of the Town and is responsible for all aspects of*

*Budgeting, Debt Service, Bonding, Receiving and Disbursing all Municipal Funds, Payroll, Human Resources, Insurance, Reporting of Finances to the Governing Body, among other things. The **Tax Collector** is also a licensed official that has to obtain their certification through the same process as the CFO. The Tax Collector is responsible for billing and collecting the Town's revenue through the taxation process, as well as for the County, Local School and Regional School taxes. As a **Qualified Purchasing Agent** I am responsible for following all the State Procurement Laws when making purchases for the Town.*

### Q. What are the top misperceptions about your job?

**A.** *Most residents don't understand that the Tax Collector does not determine their tax billing. The tax is based on your property's assessment value and the tax rate. The tax rate is certified by the County once they*

*have all the budgets for the Town, County and Schools. The Municipal budget only comprises about 25% of their tax bill.*

### Q. What do you like best about your job, and about Clinton.

**A.** *I have the most wonderful staff in my office. Joy Wilson is my right arm...she is the Deputy Treasurer and Deputy Tax Collector and all around jack of all trades. Allison Witt is a finance assistant, construction control person, zoning and housing officer and Land Use Board Secretary. The three of us work great together and can pitch in to help each other whenever needed. We all cover for each other when one is out of the office for vacation or illness. I enjoy working with all the Town Employees as well as the residents. Everyone is so nice here.*

*If anyone has any questions or concerns about their taxes, zoning, construction, etc., to just give us a call. My office will be happy to help them any way we can.*

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## IMPORTANT CONTACTS

### MAYOR

Janice Kovach *jkovach@clintonnj.gov*

### COUNCIL

Nick Bruno *nbruno@clintonnj.gov*  
Sherry Dineen *sdineen@clintonnj.gov*  
Michael Humphrey *mhumphrey@clintonnj.gov*  
Megan Johnson *mjohnson@clintonnj.gov*  
Kyle Perloff *kperloff@clintonnj.gov*  
Ross Traphagen *rtraphagen@clintonnj.gov*

### CLERK

Cecilia Covino *ccovino@clintonnj.gov*

### ADMINISTRATOR

Richard Phelan *rphelan@clintonnj.gov*

### TAX ASSESSOR

Fran Kuczynski *fkuczynski@clintonnj.gov*

### CFO

Kathy Olsen *kolsen@clintonnj.gov*

### ZONING OFFICER

Allison Witt *awitt@clintonnj.gov*

## MEETINGS

### COUNCIL MEETING

7:30 PM 2nd & 4th Wednesday of each month

### RECREATION COMMITTEE

7:30 PM 3rd Thursday of each month

### ENVIRONMENTAL COMMISSION

7:30 PM 3rd Monday of each month

### HISTORICAL PRESERVATION COMMISSION

6:30 PM 3rd Wednesday of each month

### LAND USE BOARD

7:00 PM 1st and 3rd Tuesday of each month

### SHADE TREE COMMISSION

7:00 PM 2nd Monday of each month

### ECONOMIC DEVELOPMENT COMMISSION

7:30 PM 2nd Tuesday of each month

### PLATINUM CLUB (Seniors Committee)

4:00 PM 1st Friday of each month

TRASH PICKUP: EVERY TUESDAY

RECYCLING PICKUP: EVERY FRIDAY