



Shrewsbury Community Newsletter

A Borough of Shrewsbury Publication

October 2009

Congratulations

Meghana Vaidya Recipient of Shrewsbury First Aid Squad Thomas P. Maletto Award

The Shrewsbury First Aid Squad proudly announces Meghana Vaidya is the recipient of the Thomas P. Maletto Award. This award is given in memory of Thomas P. Maletto, a charter member and founding member of the Shrewsbury First Aid Squad who gave of himself for many years helping others. The award is given each year to a Shrewsbury Borough resident graduating from Red Bank Regional High School based on an essay depicting how this graduate depicts a deep commitment to community service, similar to Thomas P. Maletto's.



Abigail Gwydir Recipient of Shrewsbury First Aid Squad Betty Clark Memorial Award

It is with pleasure that the Shrewsbury First Aid Squad announces Abigail Gwydir is the recipient of the Betty Clark Memorial Award. This award, a \$500 U.S. Savings Bond, is given each year to a Shrewsbury Borough School eighth grade graduate in memory of Betty Clark, who tragically lost her life while serving as a school crossing guard in 1995.

YOU CAN SAVE A LIFE

Shrewsbury's Emergency Services encourage all residents to make sure their house number is clearly visible from the street. A few minutes can make the difference between life and death if police, first aid, or fire personnel are delayed in searching for a house number. Please take a few moments and make certain your house number can be seen from the street.

Thank You

The Borough of Shrewsbury would like to recognize Firefighters Frank Salerno, John Merris and Bruce MacDonald for their heroic service to the Shrewsbury Borough Community on June 12, 2009. They put their own personal safety at risk to rescue a resident from a fully engulfed residence. The Mayor and Council, on behalf of the entire Shrewsbury Borough Community, extend a deep Heartfelt "Thank You".

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Visit the Borough
Website at

www.shrewsburyboro.com

Newsletter Articles Wanted

Anyone interested in having an article published in the next issue, please contact Izzy Grieco at 732.741.4200, x106 or email at igrieco@shrewsburyboro.com. All local groups and organizations are encouraged to submit articles.

Shrewsbury Borough School News

Dear Parents, Guardians, and Community Members:

As you may know, flu can be easily spread from person-to-person. Therefore, we are taking steps to reduce the spread of flu in the Shrewsbury Borough School. We want to keep the school open to students and functioning in a normal manner during this flu season. **But, we need your help to do this.**

We are working closely with the New Jersey Department of Education and the Monmouth County Regional Health Commission to monitor flu conditions and make decisions about the best steps to take concerning schools. We will keep you updated with new information as it becomes available.

If the flu becomes more severe, we may take additional steps to prevent the spread such as: conducting active fever and flu symptom screening of students and staff as they arrive at school, making changes to increase the space between people such as moving desks farther apart and postponing class trips, and dismissing students from school for at least seven (7) days if they become sick.

For now, we are doing everything we can to keep our school functioning as usual. Here are a few things you can do to help:

Teach your children to wash their hands often with soap and water or an alcohol-based hand rub. You can set a good example by doing this yourself.

Teach your children not to share personal items like drinks, food or un-washed utensils, and to cover their coughs and sneezes with tissues. They should cover up their coughs or sneezes using the elbow, the arm, or the sleeve instead of the hand when a tissue is unavailable.

Know the signs and symptoms of the flu. Symptoms of the flu include fever (100 degrees Fahrenheit or greater), cough, sore throat, a runny or stuffy nose, body aches, headache, and feeling very tired. Some people may also vomit or have diarrhea.

Keep sick children at home for at least 24 hours after they no longer have fever or do not have signs of fever, after stopping fever-reducing drugs. Keeping children with a fever at home will reduce the number of people who may get infected.

Do not send children to school if they are sick. Any children who are determined to be sick while at school will be sent home.

For more information, visit www.flu.gov, or <http://www.state.nj.us/health/flu/h1n1.shtml>, or call 1-800-CDC-INFO for the most current information about the flu. For more information about flu in our community and what our school is doing, visit www.mcrhc.org, or call (732) 747-0882. We will continue to keep you informed of any new information concerning the H1N1 virus on the Shrewsbury Borough School website, <http://sbs.k12.nj.us/sbs>.

Brent A. MacConnell, Superintendent

Fall Clothing Drive

Fall Clothing Drive sponsored by the Shrewsbury Borough School Class of 2010. Drop off is at the Shrewsbury Borough School in front of the Gym. Dates: October 19th - 22nd. Accepted items include clothing, linens, stuffed animals, hard toys, shoes, belts and handbags. Proceeds will fund SBS 8th Grade Trip to Washington scheduled for the Spring of 2010. Any questions call Sue Berbrick 732-299-0223.

Eyes For The Needy Update

During the 3rd quarter of 2009, Borough residents have donated an additional 29 pairs of glasses and one hearing aid to the Eyes for the Needy totaling 178 pair of glasses. This will be an ongoing project for the Borough so there is still time to bring your used glasses, sunglasses or hearing aids to the 2nd floor of the Borough Hall and place them in our collection box. On behalf of the Borough, employees we would like to say thank you for all of your generous donations. We hope to continue this program throughout 2009 with the same response.

***Shrewsbury's Annual 5-K Classic on Sunday, October 18:
Proceeds Support Technology Purchases at Shrewsbury Borough School***

Road Runner Sports Returns as Sponsor

More than 300 area runners, walkers, and spectators are expected to turn out for the 15th Annual Shrewsbury 5K Classic Race on Sunday, October 18, 2009. Sponsored by the Foundation for Shrewsbury Education, the race begins and ends at the Shrewsbury Borough School, at the end of Obre Place.

The 5K is the Foundation's most important annual fundraiser, with proceeds supporting new technology purchases for the Shrewsbury Borough School.

Applications for the race — which attracts local runners and walkers, young and old — can be picked up at Road Runner Sports and Athletes Alley, both in Shrewsbury and are also available at shrewsburyfoundation.org. The application fee for the 5K is \$30 (\$35 day of race), \$25 for the One Mile (\$30 day of race), and no charge for the Kiddy Dash. Registration will take place at the school on Wednesday, October 14 and Thursday, October 15, from 2:45-3:30 p.m. Registration on Saturday, October 17 from 3-5 p.m. will take place at Road Runner Sports, 490 Broad Street in Shrewsbury. Late registration on the day of the race begins at 7:30 a.m. at the School.

The One Mile Community Run/Walk will begin at 8:30 a.m., and the 5K race will begin at 9 a.m. Kiddy dashes will begin after prizes are awarded at 10 a.m. Trophies will be awarded to the first male and female overall finishers, and to first and second finishers in various age categories. Refreshments will also be provided, courtesy of local merchants.

“The race is truly a community event, bringing Shrewsbury residents and local businesses together,” said board member and race chairman Ken Bynoe. “We are delighted that Road Runner Sports is once again a leader among our 5K supporters. In these challenging economic times, we are grateful that our community recognizes the value of investing in the Foundation's efforts to ensure that our students remain academically competitive.” For more information about the race, or to volunteer, call Ken Bynoe at (732) 747-8713; those interested in sponsoring may visit shrewsburyfoundation.org for details on how to support the event.

The Foundation is in its fifteenth year of supporting the technology equipment, software and training needs of the Shrewsbury Borough School. Foundation President Kim Brockway noted, “Students in grades k-8 are using the 30 Apple computers in the school's computer lab, which were purchased with the funds from last year's race. With this year's proceeds, we hope to purchase eno boards, a new generation of interactive white boards, for additional classrooms, complementing the Smartboards installed in the upper grades two years ago.”

Donations are always appreciated and can be sent to The Foundation for Shrewsbury Education, Shrewsbury Borough School, 20 Obre Place, Shrewsbury, NJ 07702, or dropped off in the Foundation's mailbox at school. For more information, contact Kim Brockway at (732) 778-9786.

***1st Annual Community Day
at First Assembly of God in Shrewsbury***

On Saturday, October 24th, the church is having a community day celebration open to the public from 12-4 p.m. There will be inflatables, a rock wall, and kid's games with prizes, food, cotton candy, popcorn, and entertainment. The whole event is **FREE** and the entire community is invited. They will be giving away an ipod, a Nintendo DSi, movie tickets along with other prizes. Their desire is to give back to the community of Shrewsbury. Your kids will be able to have their face painted, get balloon animals, see a magician, and enter a pie eating competition and win prizes all on that day. The church is located at 220 Sycamore Ave in Shrewsbury. Come join them for a great day for fun and families.

Deer Rubs on Tree Trunks

Over the last couple of years our deer population has increased and along with this population growth tree damage has begun to affect more and more of us.

Bucks rub their antlers on young, flexible trees to remove the velvet that initially covers them. It is a popular misconception that the drying velvet is itchy and they are trying to get it off; antlers have no nerve endings. Bucks rub their antlers on trees to attract receptive does and to demarcate territory and warn other bucks to stay away. They also simulate battle with other bucks on these trees, perhaps to strengthen their neck muscles in preparation for the real thing.

Although it is amazing how much buck rub damage trees can survive, damage that completely encircles the tree's circumference is more deadly than damage up and down. This is because the tree's vascular system is just under the bark. Young trees have very thin bark that offers no protection from such damage. The bright green layer under the bark, called the cambium, is only a cell or two thick, and it gives rise to the tree's vascular system.

When a tree is damaged around its entire circumference, it is said to be girdled. Trees that are girdled often die because they can no longer transport water and nutrients from the tree's root system to the upper canopy of leaves. If the damage is most severe up and down on the trunk, the tree can survive, although the growth on that side might be less vigorous than the undamaged side.

Trees are capable of healing a surprising amount of damage on their own. Avoid the temptation to use a wound dressing. It may make you feel better — like putting a Band-Aid on the wound — but it can actually interfere with the tree's ability to heal itself by retaining moisture and attracting insects and diseases.

The best practice is to use a sharp knife, such as a grafting knife, to cut off jagged pieces of bark around the edge of the wound. If you can trim the wounds into an elliptical or football shape oriented vertically on the trunk, it will help the tree recover more quickly. Do not dramatically enlarge a wound to accomplish this, though. Just clean up the edges as best as you can because they will heal easier than the ragged damage left by the buck's antlers.

On future prevention, it is possible that this buck will come back to rub on your tree again, so it is important to take steps to protect it. You should surround the tree with a sturdy fence or barrier that can keep a determined deer away from the tree trunk. A 6-foot-tall barrier of welded wire mesh, supported by 8-foot-tall rebar pounded into the ground at regular intervals around the circumference is a reliable way to keep bucks from rubbing on young trees. Another option is corrugated plastic drainpipe that has been slit along its length and placed around the trunk. You can also purchase ornamental metal grates designed for this purpose. They are more expensive but much more attractive. While deer repellents can help prevent deer browsing, they are not very effective in controlling buck rutting. You may also want to consult a landscape professional for additional prevention ideas.

To look at a list of deer resistant landscape plants that could help you in your future planning, go to the Borough website at www.shrewsburyboro.com, click on Commissions/Shade Tree Com.

by Miles Svihart, Shade Tree Commission member

Shrewsbury Recreation

A few dates to note for upcoming Shrewsbury Recreation activities:

- Flag Football begins Saturday, November 14th. There are separate programs for boys and girls. Sign up ASAP if interested.
- Winter registration (league basketball, intramural basketball, and clinic basketball) closes November 15. Log on to Shrewsbury Recreation's website to fill out your registration <http://www.shrewsburyboro.com/recreation.html>.
- A ski trip to the Catskills or Pocono's is being planned for January 2010. The trip will include round trip transportation from Shrewsbury. More details will be forthcoming.

Shrewsbury Community Alliance for the Prevention of Alcohol and Drug Abuse

The Alliance would like to offer their sincere thanks to the **Kiwanis Club of Greater Red Bank!** Over the summer, with the financial and creative assistance of the Kiwanis Club, and the support of Red Bank Regional High School, the Alliance was able to put together a wonderful resource entitled “**A Family’s Guide for the Prevention of Alcohol, Tobacco and other Drug Use**”. This 32 page guide contains 8 sections ranging from: Where can I get help?, Signs and Symptoms of Use and Abuse, Legal Consequences, How I can be Proactive?, How can I talk to my Child?, Information about signs of depression, suicide, risks of the internet. This Guide was distributed to all the parents of incoming RBR freshmen at their summer barbecue in late August. The feedback has been so positive that RBR is hoping to make them available to the entire student body and their families as early as next year.

Red Ribbon Week

Each fall Shrewsbury Borough School joins the nation in celebrating **Red Ribbon Week**. The week was established nationally in 1988 after the death of DEA Agent Enrique “Kiki” Camarena. Schools and community groups are encouraged to celebrate this week by providing programs for our youth that stress the importance of a drug free lifestyle. Red ribbons are distributed and worn to show a collective stand against underage use of alcohol, tobacco, use of illegal drugs and the abuse of prescription drugs.

The Alliance, Borough Council and the administration and faculty of the Shrewsbury Borough School have been providing these important programs within SBS since 2003. This year the theme will be “Drug Free, the Healthy Way to Be”. During the week of **October 19-23**, the students will not only learn the dangers of substance abuse but how to stay healthy on a daily basis.

Some of the activities planned to make this week both fun and educational:

Daily dress-up days: Put a Cap on Drugs (wear a hat), Team up against Drugs (favorite sport team jersey), Being Drug Free is no Sweat (wear sweats to school)

Essay Contest: Grades 6-8 “What are three consequences that you may face if you choose to use and abuse drugs and/or alcohol?”, “What refusal skill(s) do you plan on using to help you stay in control of your drug free future?”

School Dance: “Dance Through Life Drug-Free”, Co-sponsored by Student Council

School Wide Multi media Assembly: Back again this year! Two assemblies (K-4, 5-8) in a game show format. Classes compete against each other on questions both curriculum and pop culture based. Curriculum questions will cover the following topics and are grade appropriate: **Kindergarten:** Community Helpers that keep us safe and healthy; **First Grade:** Daily Choices we make to keep our bodies healthy (nutrition, germ prevention, etc.); **Second Grade:** Safety and You (bicycle safety, stranger danger, etc.); **Third Grade:** “What is a Bad Drug?”; **Fourth Grade:** “How Tobacco and Alcohol affects your Body”; **Fifth Grade:** Facts about Tobacco; **Sixth Grade:** Facts about Inhalants/Prescription Drug Abuse; **Seventh Grade:** Facts about Marijuana; **Eighth Grade:** Facts about Underage Alcohol Use

The Kindergarten, First and Second Grades will have special visitors during the week. Kindergarten will get a visit from Shrewsbury’s own First Aid Squad, Police and Fire Departments. First and Second Grades will get a visit from “Dr. Bernard” and his “Pawsitive” Action Team from K. Hovnanian Children’s Hospital who will talk about nutrition and bicycle safety.

Webpage: Please visit our webpage at www.shrewsburyboro.com under “Commissions”. It contains hotline #'s, resources for parents and teens, and current information on the latest trends and research on substance abuse.

A call for new members!!! Your Alliance has many dedicated members who meet monthly to discuss creative ways to reach out to our youth, teens, and community about prevention education. Most of our members have high school age children. We are seeking some parents with elementary school age children to get their fresh ideas. Please consider joining our group. We meet the second Monday of every month at Boro Hall at 7 p.m.

Boy Scouts

Troop 50 continues to be a vibrant group. In early July, 18 scouts attended Forestburg Scout Camp for a week of work on various merit badges. Also over the summer, several scouts received the highest honor in scouting, attaining the rank of Eagle Scout. These included Owen Blake, Josh Eddy, Andrew Kamp, and John Merris. The next few months will be busy as well. Troop 50 holds its meetings on Thursday nights at the Presbyterian Church of Shrewsbury, Sycamore Avenue, from 7:30 to 8:30 PM. Anyone interested in joining or observing is invited to stop by at that time. On September 19, Troop 50 will be attending West Point for an overnight camping trip and to watch the Army football team take on Ball State. On October 12, Troop 50 and Pack 50 will sponsor their annual Flag Retirement Ceremony at Borough Hall at 7:00 PM. The public is invited to attend with a flag due for retirement, but due to the nature of the ceremony, we ask that you come with a pair of scissors and ideally three or more people in your group to prepare the flag. Also in October, the group will be participating in Monmouth Council's Fall Camporee, camping with other troops from around the county for a weekend of camaraderie and competition. Troop 50's main fund raiser (wreath sales) will begin in late October. We thank past contributors and welcome both returning and new patrons. The annual Scouting for Food drive will be jointly run by Troop 50 and Pack 50, with empty bags being distributed close to Nov 14 and bags with food donations being collected on Sat., Nov 21. Food is taken to Monmouth/Ocean Foodbank in Neptune. In December, we will be winter camping at Bass River State Park in south Jersey. The program continues to include adventure, learning new skills and community service.

Volunteers Needed for Shrewsbury Police Domestic Violence Response Team

Shrewsbury Police is currently recruiting volunteers to serve on Two River Domestic Violence Response Team (DVRT). In conjunction with 180 Turning Lives Around and with the assistance of the response team volunteers, Shrewsbury Police continues to make available this service to victims of domestic violence. Applications are available now and interviews will begin shortly.

The DVRT Advocates are civilian members of the community who provide support, information, and referrals to victims of domestic violence at police headquarters. The advocates also discuss with the victim their legal rights in regard to obtaining a Temporary Restraining Order. DVRT volunteers, whose identities are kept anonymous, are available 24-hours a day to meet confidentially with victims. The volunteer advocates are specially trained to empower victims to make decisions about their own lives. The 40-hour intensive, mandatory training course will be provided to successful applicants. There is no fee for this training. 180-Turning Lives Around will be conducting the four-week training October 5th through October 28th, Monday, Tuesday, and Wednesday evenings 6:00-9:30 p.m., at Howell Township Police Headquarters, 300 Old Tavern Road in Howell. Prior knowledge of domestic violence is not required. Basic requirements for volunteers to apply for the DVRT program include that applicants must be 18 years of age or older, have access to transportation, possess a valid driver's license, be willing to serve on an on-call shift basis, participate in an interview process, submit to background investigations and fingerprinting, and successfully complete mandatory training. Bi-lingual capability is helpful. To obtain an application for the Two River Domestic Violence Response Team, or for additional information, please contact Officer Mary Ellen Rumola, DVRT Liaison Officer at 732.741.2500, x329. For more information, go to the Borough website at www.shrewsburyboro.com and click on News Release.

Shrewsbury Police Department Advisory

Over the past several months, Shrewsbury as well as our surrounding towns have been victimized by several residential burglaries. As a precaution, we urge residents to lock all windows and doors and if your house is equipped with an alarm be sure that it is activated. Also if you notice any suspicious people or vehicles in your neighborhood, be sure to contact the Shrewsbury Police Department at 732.741.2500.

Environmental Commission - Recycling

FALL CLEANUP AND WINTERIZING TIPS:

LEAF PICK-UP: SEPTEMBER THRU DECEMBER by Shrewsbury DPW (Dept. of Public Works)

***Don't put them near storm drains**

***Pile leaves with space from the curb so rainwater can flow**

What to do with: LEFTOVER GAS IN YOUR LAWNMOWER?

Considered a household hazardous waste material, it should be taken to the Monmouth County Recycling Center located on Shafto Road in Tinton Falls. Materials accepted are motor oil, antifreeze, batteries, gasoline, pesticides, fertilizers, herbicides, paints, solvents, thinners, varnishes, pool chemicals, propane barbecue tanks, and cleaners. All materials must be in marked containers with original labels. Please contact the Shafto Road facility to coordinate disposal at (732) 922-2234.

HAVE A GREEN HOLIDAY!! GREEN-TIPS AND SHREWSBURY RECYCLING INFO:

BUY ENERGY-SAVING "LED" HOLIDAY LIGHTS. Now you can decorate your house with LED lights that use 90 percent less energy than conventional holiday lights, and can save your family up to \$50 on your energy bills during the holiday season! LED lights are available at many major retailers.

MAKE YOUR OWN WRAPPING PAPER. Most mass-produced wrapping paper you find in stores is not recyclable and ends up in landfills as do the shiny bows. Instead, here's a great chance to get creative! Wrap presents with old maps, the comics section of a newspaper, magazine pages or children's artwork. Or use a scarf, attractive dishtowel, bandana, or some other useful cloth item. If every family wrapped just three gifts this way, it would save enough paper to cover 45,000 football fields. If you use wrapping paper - or are given it on a gift by someone else - salvage the paper for future gifts and collect the intact bows. Use the covers of this year's cards that you receive for next year's gift tags. You'll be saving dollars, trees, and landfill space.

RECYCLING WRAPPING PAPER: Shrewsbury DPW does not specifically recycle gift wrap and boxes at curbside; however, if stripped of all TAGS and TAPE, they can be brought to the recycling center and put in the "junk mail" container.

GET A PESTICIDE-FREE TREE. Demand is on the rise for Christmas trees that are not covered in chemicals; some growers use 40 different pesticides, as well as chemical colorants. The good news is that there are now a number of tree-farms that sell pesticide-free trees, so ask your local Christmas tree seller.

DONATE YOUR TIME OR MONEY TO A ENVIRONMENTAL GROUP or CHARITY Get into the holiday spirit by volunteering! There are countless ways to help improve your community-and the planet. A donation to a charity in honor of a loved one can also be a special holiday gift.

MAKE A PLEDGE TO REDUCE HOME ENERGY CONSUMPTION. Buying energy-efficient light bulbs is just one way to reduce consumption. Installing only 6 compact fluorescent light bulbs will save the average American family \$60 per year. If there's a fire in your fireplace this Christmas, turn down that thermostat! Lowering the temperature even five degrees can take 10% off your energy bill.

RECYCLE YOUR CHRISTMAS TREE. Ninety-eight percent of Christmas trees were grown on farms, not in forests, so at least it's not as if you're cutting down an ancient tree. Each year, 10 million Christmas trees end up in the landfill. While your tree won't fit in the recycling bin with your newspapers and bottles, you can recycle your tree.

CHRISTMAS TREE PICK-UP : BEGINS RIGHT AFTER CHRISTMAS

***Put ONLY REAL trees at curbside away from storm drains...NO artificial trees!**

***All Ornaments and trimmings and lights must be removed**

***Wreaths and "natural trimmings" may be put out as well...free of wire and trimmings**

SAVE THE DATE...and those old electronics that were replaced by new this holiday:

APRIL 2010: 4TH ANNUAL EARTHDAY EVENT/ELECTRONICS RECYCLING EVENT

County Newsletter

In an effort to cut costs and go green, the County is distributing their newsletter by e-mail. Residents will no longer receive mailed copies. To join the email subscription list, go to <https://co.monmouth.nj.us/NewsSubscription.aspx>.

MARK YOUR CALENDAR

Dates to Remember

October 12	Columbus Day, School Closed
October 12	Troop 50/Pack 50 Annual Flag Retirement Ceremony at Boro Hall 7:00 p.m.
October 18	Shrewsbury Foundation for Education 5-K Classic Run/Walk begins at 8:30 am 5K Race begins at 9:00 am Kiddy Dashes after prizes are awarded at 10:00am
October 18	Historical Society Autumn Party
October 19 – 23	Red Ribbon Week
October 19 – 22	Fall Clothing Drive sponsored by Shrewsbury Borough School Class of 2010
October 20	Shrewsbury Board of Education Meeting, 8:00 PM
October 25	Greater Red Bank Area Kiwanis Pancake Breakfast to Support SBS Readers Are Leaders Program at Shrewsbury Hose Company #1
October 27	Shrewsbury Foundation for Education Meeting, 7:00 PM
October 30	Halloween Parade
November 3	SPTG Meeting, 7:30 PM
November 5 – 6	NJEA Convention, School Closed
November 9	Flu Clinic, 3:30 PM
November 14	Recreation - Flag Football begins
November 15	Recreation - Winter Registration closes



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