

# COUNCIL REPORT

July 1, 2021

Mayor and Council,

I submit the following report for the Month of June 2021



## HEALTH DEPARTMENT REPORT

As liaison to the Department of Health my report is on Eye Injury Prevention Month, coming in July.

As a reminder to those who will be outside on bright sunny days, remember to wear your Sunglasses.

### **You should choose sunglasses that:**

- reduce glare
- filter out 99-100% of UV rays
- protect your eyes
- are comfortable to wear
- do not distort colors.

Be aware that if you are at the beach or on the ski slopes, you should wear sunglasses with a darker tint to block more light. Your risk of eye damage from the sun is greater because of reflection off the water and snow.

### Vitamins

Eye health just like all health awareness starts with nutrition. Everyone has heard that carrots are good for your eyes. Well this is true. The Vitamin A that is abundant in carrots helps us to see in low light. There are other vitamins that play an integral part in protecting our eyesight from cataracts and macular degeneration like Vitamins C and E. So, eat your

(856)767-4153

mlittles@chesilhurstboro.org

<https://chesilhurstboro.org>

201 Grant Ave., Chesilhurst, NJ 08089



# COUNCIL REPORT

carrots and snack on antioxidants like oranges, peanuts and almonds but don't forget your sunglasses. Eye protection is important.

## HISTORICAL COMMITTEE REPORT

I was not able to attend the Historical Committee meeting this month, however there were reports of significant value.

- This was the first year Juneteenth was celebrated as a National Holiday. Each year we can pause on June 19<sup>th</sup> to remember the day the last African American Slaves were given their freedom.
- Also, of historical family significance were Seniors graduating from High School. I did notice a few signs announcing this milestone. I also had a graduation in my family. My last grandchild graduated from Winslow Township High School on the same football field where I graduated from as an Edgewood Graduate.
- We lost 2 long time residents in the month of June. Mrs. Patsie Amos and Ms. Maggie Davis. These two women were well known in the community. They were supportive of their churches and were known to be supportive of community events as well. They have left a legacy in this town.

## HISPANIC COMMITTEE

There is nothing significant to report at this time. Hispanic History Month is coming up beginning September 15<sup>th</sup>. I will have more to report at the next meeting.

(856)767-4153

mlittles@chesilhurstboro.org

<https://chesilhurstboro.org>

201 Grant Ave., Chesilhurst, NJ 08089



# COUNCIL REPORT

## DRUG ALLIANCE

- The Drug Alliance of Chesilhurst will begin working with the youth at the Freedom School of Chesilhurst Summer Peace Camp which opens July 6<sup>th</sup>. The Drug Alliance coordinator Mr. Kenny Smith has instituted educational programming as a part of the curriculum there.
- In support of the Partnership for a Drug Free NJ our web page [Chesilhurstboro.org](http://Chesilhurstboro.org) will be displaying an advertisement for #FamilyDayNJ. You can pick any day you choose as your Family Day to explore and enjoy the sites in NJ with your family and take pictures. Post your pictures with the hash tag #FamilyDayNJ and you will automatically be entered into a contest to win prizes for the best picture in categories like small towns, rural areas, cities etc. For more information go to [drugfreenj.org](http://drugfreenj.org).
- Finally, the Drug Alliance of Chesilhurst will have its National Night Out on Tuesday, August 3<sup>rd</sup> in the Leanna Harris Park from 5:30 to 8:30. You are encouraged to come out and meet your neighbors, get to know your local police and community leaders as well. A fun evening is being prepared. More information will be coming out soon.

Respectfully Submitted

Maria C. Littles  
Councilwoman, Borough of Chesilhurst

(856)767-4153

[mlittles@chesilhurstboro.org](mailto:mlittles@chesilhurstboro.org)

<https://chesilhurstboro.org>

201 Grant Ave., Chesilhurst, NJ 08089

