



On the Move

a newsletter for citizens
June 2010

www.ClermontCountyOhio.gov Commissioners: Bob Proud, Scott Croswell, and Ed Humphrey

Jackson Township Couple Celebrates Parenthood (with adorable triplets and twins)

“My first Father’s Day is one I will always remember,” said Jackson Township’s Keith Robinson. “Our newborn triplets had just come home from the hospital and it was so great just to hold them.” This Father’s Day, Robinson will be a very busy dad, alternately hugging and playing with 4-year-old triplets Dylan, Nathan, and Lily, and 6-month-old twins Macy and Riley!

few and far between,” said Robinson. He said the kids’ grandparents and other relatives have been amazing helpers when it comes to managing such a large group of young children.



Nathan, Macy, Lily, Riley, and Dylan

Robinson and his wife Julie juggle parenting duties with busy work schedules; he is the chief naturalist with the Clermont County Park District and she is a naturalist with the Hamilton County Park District. “There is really only one day a week when we can all be together, and nights out as a couple are



Keith swings Lily while holding Nathan

“We take things day by day,” said Julie. “I’m a pretty good planner, but I try not to over-schedule things.” Is life with multiples anything like we see on TV programs like *John and Kate Plus Eight*? “In the beginning of the show it was pretty true to life,” laughed Julie. “I think Kate is overly organized. Children need a schedule and routine, but sometimes you just have to roll with it!” Julie says

some of the biggest challenges involve getting all those little people into their car seats. “It takes around two hours to get them out the door,” she said.

While they admit being a little scared of eventually having five teenagers in the house, the Robinsons are enjoying their time as parents of multiples. “It’s great to come home from work and get all those hugs!” said Keith, watching as Lily climbed onto the swings at Sycamore Park in Batavia.

(continued on next page)

Jackson Township Multiples (continued)

"Lily is our independent one; Dylan likes sports," adds Julie. "Nathan is always collecting keys."

While they enjoy all the attention they get when they are on a family outing, sometimes it is difficult to field all the questions from people. "We are usually pressed for time and while we enjoy talking to people about our unique family, it is nice to just have the seven of us have a quiet family dinner out," said Julie.



Julie holds Macy and Riley during a recent visit to Sycamore Park

Keith and Julie say that another important tool to help them survive is belonging to parents of multiples groups.

"We get lots of good advice, can swap clothes and toys, and participate in group sales," they said.

On this Father's Day (June 20, 2010), Keith says the best gift he can get is spending time with his wonderful family. "Keith is a great dad," Julie said watching him bounce one of the twins and one of the triplets on his knees. "He is wonderful with them - reading, bathing, and taking them on outdoor adventures." What do the kids think of dear old dad? Well, Lily calls him Mr. Awesome. Oh, I should mention, that's what he jokingly *tells* her to call him.

Sojka Named Dean at UC Clermont College

By: Mae Hannah, UC Clermont College

Gregory S. Sojka, PhD, has been named the dean of UC Clermont College effective July 1, 2010. Anthony J. Perzigian, senior vice president for academic affairs and provost, announced this appointment, pending approval by UC's Board of Trustees on May 25, 2010.



Dr. Gregory Sojka

"We have identified an outstanding and experienced leader for Clermont College. Dr. Sojka joins UC at an exciting juncture as we strive to play an expanding leadership role in the University System of Ohio. He will lead a vibrant college committed to academic excellence and community engagement. The search committee was impressed with his administrative

accomplishments and his commitment to ensuring an even brighter future for the college and all of its stakeholders," said Perzigian.

"I look forward to advancing the regional and national standing of Clermont College by working with the faculty and staff to meet growing student demand as well as the

needs of the local community," said Sojka.

Sojka has held administrative and faculty positions at Wichita State University, the University of Wyoming, Casper College Center, and Lewis-Clark State College, Lewiston, Idaho. He moved to the University of Rio Grande, Rio Grande, Ohio, where he served as provost and vice president for academic affairs from 1994-2006

and president from 2006-2008.



June Commissioner Sessions

Wednesday, June 2	1 p.m.
Monday, June 7	1 p.m.
Wednesday, June 9	1 p.m.
Monday, June 14	1 p.m.
Wednesday, June 16	1 p.m.
Monday, June 21	3 p.m.
Wednesday, June 23	1 p.m.
Monday, June 28	1 p.m.
Wednesday, June 30	1 p.m.

All meetings are held in the third floor session room of the Clermont County Administration Building located at 101 E. Main Street in Batavia. Call (513) 732-7300 for additional information.

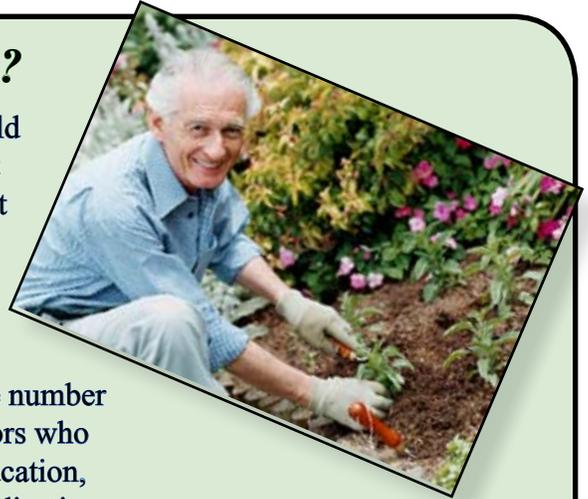
Can some medications make you tipsy?

The Clermont County General Health District Senior Safety Program, in collaboration with six Clermont County independent pharmacies, are participating in an innovative medication review project that will educate seniors how certain medicines may increase their risk of falling.

According to the Consumer Product Safety Commission, falling is the leading cause of unintentional injury at home among citizens 65 and older. Older people sustain such injuries by stumbling on stairs, slipping in bathtubs, falling off ladders and step stools, tripping over garden hoses,

dog leashes, and household appliance cords. A recent Canadian study found that some prescription medicines contribute to falls.

The Senior Safety Program strives to reduce the number of Clermont County seniors who fall through outreach, education, and prevention. "The medication review program is being offered at Berry Pharmacy, Fitzgerald's Pharmacy, Milford Pharmacy, Pillbox Pharmacy, Pohlman Pharmacy, and York Discount Drugs. Medication education materials will be available to seniors who are prescribed medicines that could contribute to their risk of falling," said Senior Safety Program Coordinator



Denise Franer. "Seniors will also be given a coupon for a free safety item that can be redeemed at one of the participating pharmacies." For more information about reducing the risk of falls or the medication project, call Denise Franer RN at (513) 735-8421.

New Artery for Heart of Clermont County

"It took a small army to get this project off the ground," said Clermont County Engineer Pat Manger, during groundbreaking ceremonies on Friday, May 28, 2010 for an extension of Old State Route 74 to College Drive in Batavia Township. "Through the cooperation of numerous individuals and agencies, this project is a shining example of how Clermont County goes about doing



business." The \$1.2 million dollar extension will provide improved access to UC Clermont College, and will involve adding not only roadway, but curbs, signage, and storm sewers.

"This is a major day for us,"

said UC Clermont College Interim Dean R. Mick McLaughlin. "We are an access institution and this will provide additional access to

our rapidly growing campus." McLaughlin praised the county for driving the coordinated work and funding for the extension.

River Sweep Volunteers Needed!

By: Becky Ploucha, Clermont Clean and Green

The Ohio River needs you! On Saturday, June 19, 2010 from 9a.m. until noon, the Clermont 20/20 Clean and Green Program and ORSANCO (Ohio River Valley Water Sanitation Commission) are hosting the 21st annual Ohio River Sweep. Volunteers are needed to remove trash and debris from the Ohio River shoreline, riverbank, and river tributaries. Four riverfront staging areas have been established in Clermont County: Chilo Lock #34 Park (older children and adult volunteers only due to rough terrain); Neville, at the Indian Mound Campground; Moscow, Riverfront Park (222 Second Street), and in New Richmond at the riverfront bandstand. Large items and tires removed during the Ohio River Sweep can be dropped off at the Meldahl Lock and Dam parking lot.

“In 2009, more than 21,000 people volunteered to collect trash

and debris from the river banks. ORSANCO hopes River Sweep 2010 will be even more successful.” stated Jeanne Ison, ORSANCO Project Manager. Becky Ploucha, Clermont 20/20 Clean and Green Program Director, added “Removing the litter and debris enhances both the water quality and wildlife potential. It is a great opportunity for volunteers to play an active role in improving the environment in the Ohio River Valley.”

River Sweep, sponsored regionally by ORSANCO and its partners and locally by the Adams-Clermont Solid Waste District and the Clermont County Office of Environmental Quality, is an annual riverbank cleanup that has grown to one of the largest cleanup efforts of its kind. This year 3,000 miles of shoreline from Pittsburgh, PA to Cairo, IL will be cleaned up.



Volunteers will receive free t-shirts, gloves, bags, and refreshments. Volunteers are encouraged to dress appropriately for the weather, do not wear open-toed shoes and avoid poison ivy by wearing long pants and long sleeved shirts.

For additional information, please contact Becky Ploucha, Clermont 20/20 Clean and Green Program Director, at (513) 753-9222.

FREEBIES!

CTC Rides

On Thursday, June 17, 2010, take a free ride on any of Clermont Transportation Connection's express routes for free. It's part of the annual Dump the Pump Day, encouraging people to ride public transportation (instead of driving) and save money.

Call Clermont Transportation

Connection for details about the free express rides on June 17 at (513) 732-7433.

Ice Cream

Enjoy a free carton of Mayfield ice cream by visiting the Web site www.MayfieldFree.com and following the brief instructions.

Kids Movies

At the Milford Cinema, located at River's Edge, free summer kids movies will be offered at 10 a.m., every Tuesday and Wednesday in June and July.

If you know of any freebies you'd like to share, email them to klehr@co.clermont.oh.us or call (513) 732-7597.

UC Clermont College Creates New Position to Serve Veterans

By: Mae Hanna, UC Clermont

UC Clermont College has created a new position to serve veterans, naming Jeff Bosworth as the academic director of veteran affairs.

The Post-9/11 Veterans Educational Assistance Act of 2008 or the new GI Bill has been hailed as the most extensive educational assistance program for veterans since the original GI Bill was signed into law in 1944. Colleges around the country are expecting an influx in enrollment by vets.

"It would seem fitting that we create a new position to support veterans who have served their country as they come home and re-train for civilian life," said Ann Appleton associate dean of enrollment and student services.

The maximum benefit in the bill allows every eligible veteran and service member, active, guard, and reserve, the opportunity to receive a fully funded undergraduate education at any state college or university anywhere in the United States or its territories.

"I'm really excited to be able to provide focused support for all veterans on campus, as well as those veterans in the community looking to further their edu-

cation at UC Clermont College. As a Vietnam veteran who utilized the GI Bill and other veteran benefits to get my degrees, I know well the need for a knowledgeable central point of contact to deal with the transition from military status to civilian student and deal with the VA. I'm also looking forward to establishing a Student Veteran Organization here at Clermont to provide vets with the camaraderie that is essential," said Bosworth.



Jeff Bosworth

After serving in the U.S. Navy from 1968 to 1972 including two tours of combat escort duty in Vietnam (1970-72) aboard the USS Knox, Bosworth earned a bachelor of science in public communications and journalism from the S.I. Newhouse School at Syracuse University. He then entered the corporate world and held various positions in information technology development, management, and training for more than 30 years. During this time, he drilled with the U.S. Navy Reserve in Columbus and honorably retired in 2000, with 28 years of service. He has taught a variety of computer information systems courses at UC Clermont as an adjunct instructor.

Bosworth is active in the Clermont County Vietnam Veterans of America, Chapter 649 among other veteran organizations. His office

will be located across from the Cougar Café in Edith-Peter Jones Room 024. He can be reached at (513) 558-5358 or by email at jeff.bosworth@uc.edu.

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Follow Clermont County on Facebook! Visit the Web site

www.facebook.com/clermontcounty.

Latest Jobless Numbers

According to the Ohio Department of Job and Family Services, the Cincinnati region's unemployment rate fell to its lowest point of 2010 in April; it now stands at 10.2 percent, down from 10.7 in March. It is the biggest one-month percentage drop in two years.

In Clermont County, the unemployment rate now stands at 10.4 percent. Ohio's rate is 10.7 percent.





June Clermont Park Events

By: Keith Robinson, Park District

Butterfly Monitoring

Crooked Run Nature Preserve and Chilo Lock #34 Park

Weekly June—August



Anyone with an interest in butterflies is welcome to join this citizen science project. A weekly walk gathers data on local butterflies; all ages and experience levels are welcome.

Contact Laura at [lhoople@co.clermont.](mailto:lhoople@co.clermont.oh.us)

oh.us or (513) 876-9013 for more information.

Preschool Storytime - Toads

Wednesday, June 16, 1:30 p.m. - Sycamore Park

Bring your preschooler for a special program in the park. Enjoy stories, crafts, and hikes with the naturalist. Each month is a new topic.



Slimy or Scaly?

Thursday, June 17, 6:30 p.m. - Pattison Park

Join the naturalist to explore the differences between reptiles and amphibians. We'll have several live reptiles and amphibians on display for you to get an up close look at some of our local wild residents. Meet at the picnic shelter.



Ohio River Sweep

Saturday, June 19, 9 a.m.—noon - Chilo Lock #34 Park

Join thousands of volunteers along the 981 mile long Ohio River for the annual clean up. We'll be cleaning up and removing trash from the shoreline at Chilo Lock #34 Park and Crooked Run Nature Preserve. Please call (513) 876-9013 to register. For more information on other clean up locations within Clermont County, please call Clermont 20/20 at (513) 753-9222.

Summer Evening Walk

Wednesday, June 23, 6:30 p.m. - Sycamore Park/Wilson Nature Preserve

Enjoy the start of summer by taking a leisurely stroll along the river. We will follow the trail into Wilson Nature Preserve and use all of our senses to explore the evening.



June Town Meeting

The Board of Clermont County Commissioners will hold the third in a series of 2010 town meetings at 6:30 p.m. on Monday, June 21, 2010 at the New Richmond Boys and Girls Club, located at 212 Market Street in New Richmond.

Citizens living in New Richmond, Ohio Township, and Monroe Township are invited to the meeting to hear presentations from the Clermont County Boys and Girls Club, New Richmond Schools, Clermont County, and local government leaders. There will also be an opportunity to ask questions.

The agenda for the meeting will be available on June 14, 2010; call the Clermont County Office of Public Information for more information at (513) 732-7597.



Scramble for Seniors

By: Sharon Brumagem, Clermont Senior Services

Clermont Senior Services will host its annual Golf Scramble beginning with a shotgun start at noon on Thursday, June 3, 2010 at Elks Run Golf Course, 2000 Ellick Road in Batavia.

Development Director Debbie Siegroth said, "Golfers are invited to plan their foursomes, plot their strategies, and enjoy a great afternoon of exciting golf." Donations to play are \$125 per person and \$500 for a foursome. Price includes green fees, cart, lunch, and dinner. Slots are limited, so don't forget to register.

Clermont Senior Services is a private, nonprofit agency. Proceeds from this event help fund the programs that help the senior citizens of Clermont



County.

"Our mission is to provide for a broad range of quality home and community-based services, enabling older adults to remain as active and independent as possible," Siegroth said. "Our agency could not do this without com-



munity support. Our golf scramble is one of two major fundraisers, and our agency could not provide services for our county's senior population without the continued support of our business community, friends, and neighbors."

Golfers also can register online at www.clermontseniors.com.

If you would like to be a contributor, prize donor, or need more information, please call Debbie at (513) 536-4065.

What will the 2010 Census show?

The 2000 Census reported that the majority of the population in Clermont County was between the ages of 35 and 44, and females had a slight edge over the male population. In 2000, the average household size was 2.67 with the average family size 3.11.

Junior Police Academy Summer Camps

Applications are now being accepted for 2010 Junior Police Academy

(JPA) camps in Clermont County.



Each year the Clermont County Sheriff's Office partners with the Boys and Girls Clubs of Clermont County and other local police, fire, and emergency service agencies to offer free week long Junior Police Academy Summer Camps for boys and girls between the ages of 13 and 17. This program provides a unique experience for youth and law enforcement personnel as the teens are taught basic law enforcement skills and techniques.

JPA cadets learn about law enforcement, teamwork, respect, and positive behavior through hands on interaction with local, state, and federal police and fire/rescue agencies. Enrollment is on a first come, first served basis.

Applications can be picked up at the Clermont County Sheriff's Office, located at 4470 SR 222 in Batavia.



Group Guitar Lessons

Tuesday, June 22 – July 27, 6 p.m. – Amelia Branch
Join Kent Mulachy to learn about tuning, stringing, pick style, reading tablature and standard notation, chords, and rhythms. Participants need to bring an acoustic guitar, guitar picks, and tuner. For more information or to register, call (513) 752-5580.



Twilight: Eclipse Party



Saturday, June 26, 6 p.m. – New Richmond Branch
Teens can bring a t-shirt, hoodie, or bag to decorate and proclaim your alliance to Team Edward or Team Jacob. Be sure to wear old clothes to paint in. For more information or to register, call (513) 553-0570.

Summer Reading Kick-off Carnival

Tuesday, June 8, 12:30 p.m. – Bethel Branch
Come sign up for summer reading and play games like Fish-n-Fun, Can Toss, and Tic Tac Toe to win prizes. Refreshments will be served. See Marvelous Marvin's "All About Fun and Magic; Things Aren't Always What They Seem" at 1 p.m. and 3 p.m. Registration is required for the magic shows; for more information or to register, call (513) 734-2619.



Cardinal Quilters

Tuesday, June 22, 6 p.m. – Felicity Branch
Come join the Cardinal Quilters, share ideas, and work on quilt projects. All skill levels are welcome. For more information, call (513) 876-4134.

Learn to Crochet

Mondays in June, 6 p.m. – Williamsburg Branch
Teens and adults will learn to make a simple granny square and put together to create a purse. Participants need to bring a size H or larger crochet hook. For more information or to register, call (513) 724-1070.



Party Under the Sea

Saturday, June 5, 1 p.m. - Amelia Branch
Children of all ages are invited for face painting and balloon creations from Scho-Lan Entertainment as we celebrate the kick-off to summer reading. Be sure to check out the Under Water Adventure Land in the kid's section of the library for more fun. For more information, call (513) 752-5580.

Remembering our Veterans

Tuesday, June 14, 6:30 p.m. – New Richmond Branch

Join us on Flag Day for a lecture presented by the Cincinnati Museum Center. Light refreshments will be served.



For more information or to register, call (513) 553-0570.

Computer Instruction

During the month of June by appointment – Felicity Branch
Adults and teens can schedule an appointment for one-on-one computer help with computer basics, email, internet, and Microsoft Word. Resume assistance and job search computers are available. For more information or to schedule an appointment, call (513) 876-4134.

Clermont Receives Water Tank Award

The Steel Tank Institute Steel Plate Fabricators Association (STI/SPFA) has recognized the Clermont County Water Resources Department and Caldwell Tanks, Incorporated with its 2009 Elevated Steel Tank Award. The award was presented to recognize the construction of the 2 million gallon fluted-column elevated potable water storage tank in Goshen Township. The tank is designed to add additional water pressure and capacity to the local water system and will be in service later this year. Over 700 tons of steel were used in the construction of the water tank and the supporting tower and a four color exterior paint color scheme was carefully designed so the finished water tank would blend in with the surrounding environment and also match the existing Clough Tank.

The award was presented during the Board of Clermont County Commissioners meeting on Wednesday, May 26, 2010.



Pictured above with their award, (from left) Dom Viletto and Kevin Gallagher (Caldwell Tanks), Clermont Water Resources Director Tom Yeager, and project manager Matthew Smith

CTC Wins Marketing on a Shoestring Award

Clermont Transportation Connection (CTC) received the Best Marketing on a Shoestring award from the Ohio Public Transit Association on May 19, 2010 at the Crown Plaza in Columbus, Ohio. A panel of advertising consultants judged the entries based on overall

marketing activities in relation to the budget available for marketing. CTC's marketing budget is \$0.

about CTC's services."

For more information about CTC, and to see some of their prize winning marketing, visit the Web site

www.CTC.clermontcountyohio.gov.



"I do all the graphic design work for our marketing at home," said CTC Director

Ben Capelle. "We attempt to save the county money any way we can, while still trying to spread the word



Clermont County Permit Central

NEWS

2275 Bauer Road Batavia, Ohio 45103 Phone: (513) 732-7213 www.permit.ClermontCountyOhio.gov

Adding a Three-Season Porch?

Spring is right around the corner and before you know it, summer will hit you right smack in the face with sun, fun, and insects! In Clermont County, insects such as flies, mosquitoes, and yellow jackets are some of the pests that summer ushers in. Aside from using electric bug killers

-the ones that zap the life out of these bugs - sheathing yourself with insect repellent is also a possible, albeit uncomfortable solution.

Building a three-season porch, (or screened porch) is a good way to get away from the insect population and enjoy the evening and night air outside, here in Clermont County.

A porch is typically a structure attached to a building to shelter an entrance or to serve as a semi-enclosed space. It is usually roofed and typically open-sided. Over the years, the term "porch" has evolved. Its usage has been modified as screen porches have become extensions of living areas. A three-season porch is screened in or enclosed porch that might have a ceiling fan for hot days and fireplace or small

heater for cool nights, and is a wonderful option for those home owners who are looking to improve their home.

Adding a porch gives you options for another family room, place to read, and entertain friends and family. The possibilities are endless.



Before adding a three-season porch, most homeowners are turning to professional home remodelers who specialize in such home improvements. The objective is to make sure that the construction is proper and cost effective.

Any professional home renovation contractor will first take into account the various aspects of codes and regulations that need to be followed while adding a three-season porch.

In Clermont County, to build a three-season porch, you will first need to obtain approval from your local township or village zoning department, and then approval from Permit Central for the building and/or electrical work. The building and electrical codes need to be followed to ensure that the new construction is safe and meets the minimum requirements. Typically, you will receive a 'permit' or a response

the next day after you provide the department with your plans and application for approval.

There are several requirements which need to be identified on your plans before you are given approval to start the new three-season porch. Some of the prerequisites are: a survey or to-scale site plans with the proper lot dimensions and site plan; drawings of the proposed construction (i.e. floor plans which illustrate the structural details as in sizes of posts, beams, floor framing, and rafters); foundation and/or footing plans, building sections, elevations, ceiling height, window and door openings, and more.

Periodically during construction and when the new three-season porch is complete, our inspectors will inspect the work and verify that the work meets the applicable codes. You will receive a certificate of completion from Permit Central when everything is approved for use. Your new three-season porch can provide a welcomed respite from pesky insects during warm summer nights. It will also be a great place to be when a cool summer breeze blows in from the northwest or when a much-needed rain shower gently falls to the ground washing out the dust from Mother Nature.

Permit Central News

Community Development Block Grants 2010

By: James Taylor, Community Planning and Development

On May 26, 2010, the Board of Clermont County Commissioners held a public hearing and approved the Community Development Block Grant (CDBG) application for fiscal year 2010. Under the CDBG 2010 application, \$765,000 was obligated to various communities and organizations in Clermont County. The following Clermont County communities will receive assistance from the county for their projects:

1. City of Milford - \$35,000 for park furniture
2. Health District - \$100,000 for on-site sewage systems repair
3. Village of Felicity - \$80,000 for sidewalk completion
4. Various locations in Clermont County - \$175,000 for 10 new emergency sirens
5. Ohio Township - \$34,000 for park repairs
6. Goshen Township - \$105,000 for stormwater drainage
7. Jackson Township - \$83,000 for park shelter.

This grant will be used to provide this assistance and will make available fair housing activities for Clermont County.

The Community Development Block Grant program has been an ongoing grant since 1982 and has provided many needed repairs and needed construction

to the communities of Clermont County. Roads have been paved, buildings have been constructed or repaired, parks have been repaired, storm drainage has been improved, and several other projects have been completed. CDBG has provided over \$3,247,000 to Clermont County and its residents.

The Right Angle

How you position a skylight, not just how big it is, will affect the amount of sunlight coming in. For instance, a skylight facing toward the east will wake you up and get more sunlight during the morning hours, while a skylight facing toward the west will get more afternoon and early evening sunlight.



Carl Lamping and Ray Sebastian with Clermont County Permit Central receive a proclamation from Clermont Commissioner Scott Croswell for Building Safety Week, observed during May.

Designing a Green Home

Whether you prefer a traditional or modern look, design your home with materials that are friendly to the environment.

- Use materials that are easily recyclable, reusable, renewable, durable, affordable, and low maintenance.
- Maximize insulation, weather strip door openings, and seal ducts.
- Install high-performance windows



and energy efficient appliances, and consider solar effects when locating windows.

- Choose high-efficiency (90 percent and higher) heating and cooling equipment with a seasonal energy efficiency ratio (SEER) of 14 or higher. Put in programmable thermostats to minimize energy use, especially when nobody is home.



Animals Currently Available for Adoption

call 732-8854 for
adoption information



Columbo



Leroy



Taz



Rumble



Logan



Snowdrop



Brody



Carly



Sadie



S'more



Dolly



Ashley



Margaret Jenkins

Farmers' Market Black Bean Salsa (serves 12)

Ingredients:

- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15-ounce) can whole kernel corn, drained
- 8 plum tomatoes (Roma), diced
- ½ cup chopped onions
- ½ cup chopped green bell pepper
- 2 Tablespoons lime juice
- 1 garlic clove, pressed or minced
- ½ cup bottled salsa

Preparation:

1. Combine the beans, corn, tomatoes, onion, bell pepper, lime juice, garlic, and salsa in a bowl and mix well.
2. Chill until serving time.

Serve with chips, on taco salad, or in tacos.

Variations:

Add avocado, cilantro, jalapeno peppers, olives, and red beans or chick peas

Note: Instead of canned corn, use 1½ fresh corn kernels, cooked and cut from the cob.

<p>NUTRITION FACTS PER SERVING: 63 calories, 1g total fat, 3g protein, 16g carbohydrates, 0mg cholesterol, 4g dietary fiber, 271mg sodium</p>
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Second Chances

Meet Emmitt! Emmitt is a one-year-old Siamese mix with beautiful blue eyes and a



luxurious coat! He's already been neutered, and is front declawed. He would make a

great addition to any family, although he must be an indoor cat since he is declawed.

Introducing Tinkerbell!

Tinkerbell is an adorable terrier mix who has already been spayed. She is a two-year-old girl with



lots of energy! She will make a great addition to any home where she can go on plenty of walks.

If you are interested in adopting Emmitt, Tinkerbell, or any of the amazing animals available at the Clermont County Animal Shelter, call (513) 732-8854 or visit the shelter anytime Monday through Saturday, 11:30 a.m. until 4 p.m. at 4025 Filager Road in Batavia.

On the Move is a service of the Board of Clermont County Commissioners. For more information about any of the articles included in this publication, contact Kathy Lehr or Rebecca Kimble in the Office of Public Information at (513) 732-7597 or e-mail klehr@co.clermont.oh.us.