



# On the Move

a newsletter for citizens  
August 2008

[www.ClermontCountyOhio.gov](http://www.ClermontCountyOhio.gov)

Commissioners: Bob Proud, Mary Walker, and Scott Crowell

## Make History in 2008: Be a Poll Worker

By Judy Miller, Board of Elections

The Clermont County Board of Elections expects a record turnout of 80 percent for the 2008 presidential election on Tuesday, November 4, 2008. The Board is pulling out all the stops in an effort to recruit additional poll workers.

Recruiting new poll workers is not as easy as you might think, so the Board of Elections is implementing some new recruiting methods. Watch for a commercial on Time Warner Cable television in August spotlighting some real local poll workers. Also in August, watch for a flyer in Clermont County water and sewer bills encouraging potential poll workers to step forward.

Signing up and volunteering to be a poll worker is an enjoyable and rewarding way to be part of the election process. You

will become a part of history by participating in the 2008 presidential election! You will be paid a minimum of \$130 for attending the two hour training course held at the Board of Elections and then working Election Day. Polls are open from 6:30 a.m. until 7:30 p.m. in Ohio.



*Mercedes Hance of Milford has been a dedicated poll worker for 25 years!*

Poll workers are the backbone of our election system and help to ensure that all elections are conducted in a fair and accurate manner, and they serve to help safeguard the integrity of the election process.

If you are a registered voter in Clermont County, sign up to be a poll worker today! We guarantee you a rewarding day! Call 732-7275 or go to the Web site [www.ClermontElections.org](http://www.ClermontElections.org) for more information.



*Amy Dierks of Milford is excited about her first election serving as a poll worker*



*Constance Mitts of Owensville is a retired teacher who enjoys giving back to the community by working at the polls*

# August is Child Support Month in Clermont County

By: Jemina Ott, DJFS

On July 30, 2008 the Board of County Commissioners proclaimed August as *Child Support Month* in Clermont County. The Clermont County Department of Job and Family Services' division of Child Support Enforcement (CSE), will sponsor a number of events aimed at increasing awareness about the importance of the program to families in our community and will actively solicit information on those who are avoiding payment of child support.



ment, the Sheriff's Office, the Court of Common Pleas, Juvenile Court, and Domestic Relations Court. The Clermont County Sheriff's Office will target 397 individuals who have outstanding child support warrants. These 397 individuals owe in excess of \$5.9 million in past due child support for 511 children. In August 2007, 149 warrants were resolved by Clermont County Sheriff's deputies during the *Roundup*; these individuals owed in excess of \$1.6 million in past due child support to 185 children. By

the end of 1007, over \$93,539.42 was collected on behalf of these children. *Most Wanted* information will also be published in a local newspaper, advertised on local cable television, and on the agency's Web site [www.ClermontSupportsKids.org](http://www.ClermontSupportsKids.org). Citizens are encouraged to call the agency at (513) 732-7248 with information that could lead to the whereabouts of *Most Wanted* child support offenders.

Throughout the month of August, the agency will recognize individuals who pay their accounts in full and employers who provide support services to the program. In addition, as a result of generous donations from the Cincinnati Reds and the Cincinnati Zoo, tickets were given to families to attend a Reds game in July and free passes will be given away in August to visit the Zoo. Other activities are planned in August to bring special attention and fun to the children in our community who do without so often during the year.

This year, four teens graduating from high school will be awarded gift certificates to assist them with entering the job market, furthering their education, and helping with their independent living needs. The agency is also sponsoring an educational program benefiting pregnant and parenting teens. The objective of this initiative is to assist these young parents with their graduation goals.

Child Support Enforcement would like to express sincere appreciation to the Sheriff's Office, all of the Clermont County Courts, the Prosecutor's Office, the Office of Public Information, local businesses, and the general public for their interest in Child Support Month activities in Clermont County.

## August Town Meeting

Clermont County citizens living in Goshen Township, Jackson Township, Stonelick Township, and Wayne Township are invited to attend a town meeting on Wednesday, August 27, at the Stonelick Township Fire and Rescue Station, located at 2541 U.S. Route 50 near Owensville. The town meeting, held by the Board of Clermont County Commissioners, will begin at 7 p.m.

The town meeting is a great opportunity for citizens to learn more about programs and initiatives planned for the county and their community. This meeting is one in a series the Board of Clermont County Commissioners is holding this year, as a way to make government more accessible to citizens.

## August Commissioner Sessions

Wednesday, August 6 1 p.m.  
Wednesday, August 13 1 p.m.  
Wednesday, August 27 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 732-7300 for additional information.*

## Health Insurance Issues to Change Child Support Calculations

By: Theresa Ellison, DJFS

Courts have long required that guardians provide medical insurance for their minor children, as long as it is available at a "reasonable cost." "Reasonable cost" has been interpreted for many years as "available through employment at a cost of less than 50 percent of net wages."

Under a new Ohio law (mandated by federal law), that will go into effect in late fall or winter 2008, courts and Child Support Enforcement agencies will require parties to provide health insurance if it costs 5 percent or less of annual gross wages and if the medical services covered by the insurance are available within 30 miles of the child's residence. A child being covered by Medicaid will not fulfill a parent's obligation to purchase health insurance.

There are certain exceptions to the new definition of "reasonable cost." For example, the 5 percent cost rule: (1) when both parties agree that one or the other shall provide insurance, regardless of cost; (2) when one party requests that he or she be ordered to provide the health insurance, or (3) when the court finds that an exception to reasonable cost is in the best interest of the child and will cause no undue financial burden on either party.

These changes will result in fewer individuals being ordered to provide the health insurance. Thus comes the other side of the new law - the cash medical support ob-



ligation. Now, when health insurance is not available to cover the children at a reasonable cost, the absent parent (but never the custodial parent) may be ordered to pay a monthly medical cash payment; this will be in addition to any ongoing child support obligation. If the absent parent's income is below 150 percent of poverty level for an individual, the absent parent will not have a cash medical order. If the absent parent earns more than 150 percent of the poverty level, then the cash medical obligation will be the lower of: a) five percent of the obligor's total annual gross income; or b) the amount from the USDA medical support schedule.

There will be situations when a cash medical order is not present at the beginning of a case, but may be implemented later. For example, if the CSEA is notified that an individual no longer has health insurance available, (or no longer has it available at a reasonable cost) then the cash medical order is initiated and becomes effective the first day of the month that insurance is no longer available. Conversely, when the health insurance becomes available to an individual who is currently paying the cash medical order, the cash medical obligation will cease on the last day of the month prior to the month the medical insurance is provided.

The foregoing is not a detailed explanation of the new law, but intended to give a broad overview of the general impact it may have. Further training will be made available through Clermont County Child Support Enforcement and the Clermont County Bar Association later this year.

## Speak Up on Child Support!

The Ohio Department of Job and Family Services' (ODJFS) Office of Child Support Enforcement wants your feedback on Ohio's Child Support Guidelines. Every four years, ODJFS is required (by the Ohio Revised Code) to review Ohio's basic child support payment guidelines. The Child Support Guidelines Advisory Council reviews current rules and procedures to ensure that child support orders are adequate to the needs of children who receive support.

The council addresses such issues as methodology, deviations, and statutory language; general comments are also welcome. Your input helps determine recommendations made to the General Assembly.

Your comments can be made now through September, electronically, at [www.jfs.ohio.gov/csguidelines](http://www.jfs.ohio.gov/csguidelines) or you may attend one of two local public forums that will be held on Monday, August 18, 11 a.m. – 1 p.m. and 5 p.m. – 7 p.m. The forums will be held at the Taft Building, located at 237 William Howard Taft Road in Cincinnati.

*"A mind that has been stretched will never return to its original dimension."*

*- Albert Einstein*

# Scenes from July 24

## Salute to Our Veterans and Our Troops



# On Patrol

By: Lt. Randy McElfresh, Batavia Post, Ohio State Highway Patrol

Time after time in public opinion surveys, motorists rank being hit by a drunk driver as one of their top fears about driving.

One important way Ohio State Highway Patrol troopers work to make Ohio roads safe, is by aggressively searching for and removing, impaired drivers from the roadways before they can cause a tragedy to someone in your family, or someone you know.

Troopers arrested 24,730 impaired drivers last year; they are some of the most dangerous criminals on Ohio roads. That means 24,730 potential traffic crash tragedies were prevented by the diligence of our officers.

While great strides have been made recently in the area of impaired driving enforcement, the job is quite clearly not finished. One important way we aim to achieve that objective is by aggressively searching for, and removing, impaired drivers from the roadways. We also utilize checkpoints and other specialized enforcement programs to deter and intercept impaired drivers.

But state troopers do more than enforce Ohio's traffic laws. We also educate drivers of all ages about the importance of making responsible decisions – including the decision not to drive impaired. But, we can't fight the battle against drunk driving on our own; we need your help.

Each person **can**, and **must**, help by actively influencing friends and family to make the type of safe, responsible decisions that save lives. Simple things like planning ahead to designate a driver (if you choose to consume alcohol), and insisting that everyone in the vehicle is buckled up before you leave, can go a long way toward ensuring tragedies will not occur.

I also want to encourage everyone to continue using 1-877-7-PATROL to report dangerous drivers or stranded motorists, or 1-800-GRAB-DUI to report impaired drivers.

Is there any doubt that when a state trooper stops a drunk driver traveling the wrong way on a dark road, and moments later a family innocently drives by in a minivan, that trooper stopped a criminal from committing a tragedy?

Recently the Ohio State Highway Patrol released a new video to illustrate the dangers impaired drivers pose to motorists on Ohio roads at any given time during the day or night.



The video, *24-hours of OVI*, depicts actual in-car video segments of OVI arrests made by state troopers during a 24-hour period on May 25 – the Sunday of the recently completed Memorial Day holiday weekend. The video is intended to illustrate that at any given time on Ohio roads, impaired drivers are posing a danger to innocent motorists and state troopers are aggressively looking for and apprehending these dangerous criminals. You can watch the video on our Web site, [www.StatePatrol.ohio.gov](http://www.StatePatrol.ohio.gov).

During the 24 hours of May 25, 2008, state troopers arrested 219 motorists for OVI. The video shows a brief clip of one OVI arrest from that date for almost every hour of the day.

In the United States, every 30 minutes someone is killed by a drunk driver, and every two minutes, someone is injured. You, your family, or your friends could be next.

State troopers are committed to arresting impaired drivers, so Ohio's roadways are as safe as possible.



Do you ever stop to consider the teenager on her way to work, and the only reason she was not killed when a drunk driver ran through a red light is because a state trooper stopped that drunk driver before a tragedy could happen?



# August Park Events

By: Keith Robinson, Park District

## Kid's Crafts: Paper and Paint Making

**Thursday, August 7, 1 p.m. – Chilo Lock #34 Park**

*Children will make their own recycled paper to take home. We will also investigate ways to make paint from natural materials and use it to decorate the freshly made paper.*

## Kids Crafts: Natural Wreaths

**Thursday, August 14, 1 p.m. – Pattison Park**

*Help out the park and make your own wreath! We will use an invasive plant, honeysuckle, and turn it into a beautiful wreath for your child to take home. Meet at the picnic shelter.*

## Butterfly Walk

**Saturday, August 16, 1 p.m. – Chilo Lock #34 Park**

*Take a relaxing hike, explore a meadow, and watch as butterflies move from flower to flower. Try your hand with a butterfly net and see how well you can identify these important pollinators. Meet at the Visitor Center.*



## Meadow Walk

**Saturday, August 23, 10 a.m. – Kelley Nature Preserve**

*Join the naturalist for a leisurely summer stroll through the wildflower meadow. We should see a beautiful display of summer wildflowers including Wild Bergamot, Purple Coneflower, Royal Catchfly, and Grey-headed Coneflower. Meet at the information kiosk.*

## The Truth about Bats

**Friday, August 29, 7 p.m. – Chilo Lock #34 Park**

*Join us as Echo Bats, Inc. dispels myths about bats while sharing interesting tidbits about these flying mammals. You will have the opportunity to meet a Big Brown Bat and take a walk to look for other winged friends.*



[www.parks.ClermontCountyOhio.gov](http://www.parks.ClermontCountyOhio.gov)

**For more information about park events, call (513) 876-9013 or visit the Web site [www.parks.ClermontCountyOhio.gov](http://www.parks.ClermontCountyOhio.gov)**

## It's Summer – Hot Dog!



The history of the hot dog stretches all the way back to the ninth century B.C., when sausage was mentioned in Homer's *Odyssey*.

Honest-to-goodness frankfurters didn't roll around until the late 1600's in Germany. Some believe that the sausages were first called "dachshunds" or "little dogs" because they resembled the shape of a dachshund. We know them today as hot dogs.

This year, Americans will eat enough hot dogs at major league ballparks to stretch from RFK Stadium in Washington D.C. to AT&T Park in San Francisco. If that doesn't impress you, on Independence Day, Americans ate enough hot dogs to stretch from D.C. to L.A. five times over!

From Memorial Day through Labor Day (hot dog season) Americans will consume 818 hot dogs every second!

*-The National Hot Dog and Sausage Council*

*Beautiful young people are acts of nature,  
But, beautiful old people are works of art.*

# Scenes from the 2008 Clermont County Fair



*7-year-old Maddie Hill from Felicity shows her pigs at the fair*



*15-year-old Justin Lung from Milford leads his Grand Champion feeder heifer*



*11-year-old Leah Wolfer from New Richmond proudly displays her entry in the Food Skill-a-Thon*



*Visitors to the fair enjoyed watching a newborn calf take his first steps!*



*C.J. Megie of Milford and Cicero*



*Phil Brown with the Clermont County Auditor's Office demonstrates a new program that can show various views of homes*



*17-year-old Monica Williamson of Amelia with her prize winning rabbits, Sweet Pea and Lyric*



*4-year-old Sophie Biernat of Batavia enjoys the sweet taste of a funnel cake*

### **Incredible Insects**

Friday, August 1, 11 a.m. and 1 p.m. – Amelia Branch

*Attendees in grades K-5 are invited to see some Incredible Insects, presented by the Cincinnati Museum Center.*

*Wrap up the end of summer reading and visit some cool bugs up close and personal! Call 752-5580 for more information or to register.*



### **An Hour of Magic**

Saturday, August 2, 10 a.m. – Milford-Miami Township Branch

*Magician Parkenfarker will perform magic tricks and feats of illusion to awe the audience. Children of all ages are welcome. For more information, or to register call 248-0700.*

### **Mad Science Presents Fire and Ice**

Friday, August 8, 2 p.m. – Batavia Branch

*Be dazzled by science demonstrations of fiery combustion, foggy dry ice storms, and mad science burp-flavored potion. Children of all ages are welcome. For more information, or to register call 732-2128.*



### **Family Fun Night: Aliens**

Wednesday, August 6, 7 p.m. – Union Township Branch

*Attendees in grades K-5 are invited to bring their families and spend an evening making crafts and having fun! Call 528-1744 for more information, or to register.*

### **Knit Wits!**

Wednesday, August 6, 3 p.m. – New Richmond Branch

*Teens and adults are invited to learn the basics of knitting. Learning supplies provided. For more information or to register call 553-0570.*

### **Wings, Stings, and Wiggly Things**

Monday, August 4 - Friday, August 8, 9:30 a.m. – noon – Bethel Branch

*Attendees in grades K-6 are invited to spend the week playing games, making crafts, and exploring all things “buggy.” For more information or to register call 734-2619.*

### **Twilight Party**

Friday, August 1, 3 p.m. – Williamsburg Branch

*Teens are invited to join the discussion of the latest book, **Breaking Dawn**, by Stephanie Meyers. There will be crafts and snacks. Call 724-1070 for more information, or to register.*

### **Transportation in Old Milford**

Thursday, August 14, 7 p.m. –

Milford-Miami Township Branch

*Join us for a special presentation of a new film on transportation during the early years in Milford. Historical Society members will be on hand for questions and a display. For more information or to register call 248-0700.*

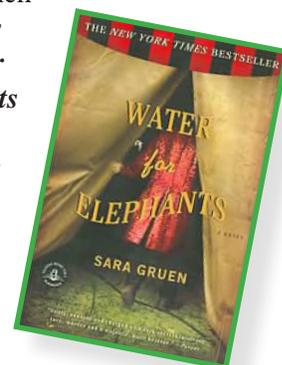
### **First Wednesday Book Club**

Wednesday, August 6, 2 p.m. –

Amelia Branch

*This month's title is **Water for Elephants** by Sara Gruen. This discussion group is open to all interested adults;*

*copies of the book are available to check out. No registration required; for more information call 752-5580.*



*National Aviation Day (August 19) is a United States national observation that celebrates the development of human flight.*

*The holiday was established by a presidential proclamation in 1939, which designated the anniversary of Orville Wright's birthday to be National Aviation Day.*

# Animals Awaiting Adoption at Clermont Animal Shelter



*Leo*



*Regis*



*Little Boy Blue*



*Halo*



*Sarah*



*Trudy*



*Trixie*



*Rebel*



*Lizzie*



*Tinker*

**Clermont  
Animal  
Shelter  
732-8854**



*Zipper*

# New Skills Can Turn Things Around for Child Support Offenders

By: Bruce Gibson, Adult Probation

In a cooperative effort between the Common Pleas Court and the Grant Vocational School Adult Continuing Education Program, six probationers earned certificates in basic welding in June. All of the program participants were non-support violators and were provided vocational assistance in order to help them obtain sustainable employment that will result in regular child support payments and increased payments for arrearage obligations. To date, all but one of the students are working; one holds a permanent welding position and another is on the list for a full time welding position through the union.

The program was instituted by two probation officers, Nick Gescheider and Anne Zimmerman, in an attempt to provide a better mechanism for probationers with few opportunities to establish regular child support payments, and enhance their talents for future employment. Many non-support offenders obtain low paying jobs, quickly become discouraged, and consequently, quit their employment, stop paying their child support orders, and may end up with a violation of their court order. The welding program was implemented to provide assistance to these individuals to help them learn a trade that is in high demand and earn money to pay back their child support orders. Once each participant completed their training they were provided job search assistance by the Probation Department's Employment Specialist, Anne Kruse.

The Welding Program consisted of 42 hours of training and was coordinated by Grant Vocational



*From left: Jean Grider (Grant Vocational Program Administrator), Jim Clancy (Instructor), Anne Zimmerman (Probation Officer), Anne Kruse (Employment Specialist), Billy Jo Sebastian, Michael Huff, Jamie Hatfield, Joey Blair, Nick Gescheider (Probation Officer), Ken Heckman, and Jerry Hile*

Adult Continuing Education Director Jean Grider and taught by Grant welding instructor Jim Clancy. The students learned various welding techniques, such as Metal Inert Gas, Aluminum MIG, Tungsten Inert Gas, Gas Metal Arc, and Flux Core welding. All of the sessions were tailored to accommodate each

student's skill level and students were provided instructions on employee expectations. Grant Vocational considered the initial program a successful venture and they are considering a second session in September.

## Second Annual 5K Run/Walk for Animals

The Clermont County Humane Society will hold the second annual 5K run/walk to raise money for the care of Clermont's homeless animals on Sunday, August 10 at Miami Meadows Park, located on SR 131 in Milford; all proceeds go directly to feeding, veterinary care, and shelter.

Registration begins at 8:30 a.m. and the 5K begins at 9 a.m. The cost to enter is \$15 for singles and \$25 for

couples. Participants are welcome to bring their leashed dog to join in the fun!

For more information and to download a registration form, visit the Humane Society's Web site at

[www.ClermontCounty-AnimalShelter.com](http://www.ClermontCounty-AnimalShelter.com).

You can also contact the Clermont County Animal Shelter at (513) 732-8854.



## Computer Reuse/Recycle Event

By: Becky Ploucha, Clermont Clean and Green Director

A computer reuse/recycle event is planned for Saturday, August 9 (rain date is August 16) at the Union Township Civic Center, from 9 a.m. until noon. This event is organized by the Clermont 20/20 Clean and Green Program and the Cincinnati Computer Cooperative.



Any Clermont County resident can drop off an old computer free of charge to be either reused or recycled. When possible, the computers are refurbished, the hard drives erased, and they

are used in schools, churches, non-profit organizations, and for families that cannot afford computers. Computers that cannot be reused will be completely recycled, preventing thousands of pounds of toxic electronic waste from going into our landfills.

For more information about the computer reuse/recycle drop off, call Becky Ploucha, Clermont Clean and Green director, at (513) 753-9222.

## Needy Kids Golf Outing

By Frank Morrow, Veterans Services

The Clermont County Council of the American Legion is asking for your support with their *Needy Kids Christmas Program*. To help fund the program, they are having the *First Annual Needy Kids Golf Outing* at the Friendly Meadows Golf Course in Hamersville, Ohio, on August 16, 2008. The day will be filled with golf, door prizes, free drinks, and a wonderful meal prepared by the Texas Roadhouse at River's Edge.



Please support the event by participating as a player or as one of our many sponsors. The fee is \$90 per golfer, which includes green fees and refreshments; the outing begins at 1 p.m.

As you know, needy families and children in our community go without proper food, shelter, and essential clothes every day due to a

variety of factors including low wages, job loss, injuries, illness, age, domestic violence, or divorce. While all of us are susceptible to hard times, children are at the most risk. With the current state of inflation, we are assisting more kids than ever. In 2007, the *Clermont County Needy Kids Christmas Program* assisted 500-600 children and family members.

With the generous support of people like you, we will be able to help many of these families. The *Clermont County Needy Kids Christmas Program* is administered by the Clermont County Council of the American Legion and its nine posts, and has been in existence since 1945. For more information, call (513) 732-7364.

## Clermont County Today... keeping you informed

Catch highlights from the 2008 Clermont County Fair on a special edition of *Clermont County Today* in August.

Scheduled guests on other *Clermont Today* programs this month, include Brenda Gilreath with the Department of Job and Family Services' Child Support Enforcement division to update us on this year's *Most Wanted Roundup*, one of the highlights of Child Support Awareness Month.

Want to get up close and personal with a bat? Clermont Park District Naturalist Keith Robinson will tell us about an upcoming park program featuring the flying mammals.

Are you a motorcycle enthusiast? We'll talk with Ron Hill, a local Vietnam veteran, about an upcoming motorcycle event that will benefit homeless and other needy vets.

*Clermont County Today* is available on CCG-TV, channel 22, and other local cable access channels throughout Clermont County. The program is also streamed online at [www.ClermontCountyOhio.gov](http://www.ClermontCountyOhio.gov) and click on *Video Library*.



## Back to School

### *Beware the Bully*

Bullying is when one child picks on another child repeatedly. Bullying can be physical, verbal, or social. It can happen at school, on the playground, on the school bus, in the neighborhood, or over the Internet.

#### **When Your Child Is Bullied:**

- Help your child learn how to respond by teaching your child how to:
  1. Look the bully in the eye.
  2. Stand tall and stay calm in a difficult situation.
  3. Walk away.
- Teach your child how to say in a firm voice:
  1. "I don't like what you are doing."
  2. "Please do NOT talk to me like that."
  3. "Why would you say that?"
- Teach your child when and how to ask for help.
- Encourage your child to make friends with other children.
- Support activities that interest your child.
- Alert school officials to the problems and work with them on solutions.
- Make sure an adult who knows about the bullying can watch out for your child's safety and well-being when you cannot be there.

#### **When Your Child Is a Bystander:**

- Tell your child not to cheer on or even quietly watch bullying.
- Encourage your child to tell a trusted adult about the bullying.
- Help your child support other children who may be bullied. Encourage your child to include these children in activities.
- Encourage your child to join with others in telling bullies to stop.

## Second Chances



Meet Jeb! Jeb is a male hound mix, about three years old, and already neutered. He came into the shelter as a stray. He is friendly and seems to be comfortable with everyone, including kids and other dogs. Jeb would fit in great with families, singles, or anyone who has time to give him the attention he deserves!



Introducing Newton! Newton is a short-haired, grey and white kitten, about 10 weeks old. He is very playful and loving. Newton will do well in any home, and he is the right age to begin socializing him with kids.

Newton is one of many kittens and cats that come through the shelter this time of year. At the shelter, we cannot say enough about the importance of spaying and neutering your pets! Shelters are overrun with an abundance of animals and bear the cost of placing them in homes. Cats, kittens in particular, arrive at the shelter in droves, especially in the summer months.

A female cat can come into heat right after giving birth to a litter of kittens; she can be nursing kittens and be pregnant at the same time. Pet owners have the responsibility to control the overpopulation; shelters cannot bear the burden alone. Cats should be spayed or neutered by the age of six months to avoid accidental pregnancies. Spaying and neutering not only reduces the number of unwanted, homeless pets, but it also helps them live longer, healthier lives.

### ***Urgent Need for Adoption!***



Oscar, our Second Chances cat from last month is still at the shelter, waiting to be adopted! Oscar is a three year old, declawed and neutered male. He is a long-haired cat with beautiful tabby and white markings.

If you're interested in adopting Jeb, Newton, Oscar, or any of the other wonderful animals available for adoption, please call the Clermont Animal Shelter at 732-8854. Give these wonderful animals a second chance at a happy life!

# August is Breastfeeding Awareness Month

By: Stephanie Burke, General Health District

August 1-7, 2008 is World Breastfeeding Week and marks the beginning of Breastfeeding Awareness Month in Ohio. This year's theme is *Mother*

*Support: Going for the Gold* and corresponds with the August Olympic Games. This theme offers the Ohio

Department of Health (ODH) maternal and child health programs the opportunity to partner with and congratulate those state and local institutions that provide effective breastfeeding support and care to families that choose to breastfeed their babies. Mothers, like Olympic athletes, need the support of family, friends, and their communities, in order to be successful.

Both athletes and breastfeeding mothers face challenges. For a breastfeeding mother, these challenges include dealing



with misinformation, continuing to breastfeed while working outside the home, coping in emergency situations, and most importantly, overcoming doubts about her ability to breastfeed her baby. Belief in oneself is a key ingredient for success in both athletes and mothers.

Ohio ranks 44<sup>th</sup> in the nation in breastfeeding

initiation rates at 59.6 percent, as reported by the Centers for Disease Control; it is important to dramatically improve breastfeeding rates so that infants and mothers may reap the benefits. Breastfed babies have significantly reduced risk of obesity and diabetes, fewer ear and respiratory infections, and have higher IQs. Breastfeeding mothers have lower risks of developing breast cancer, osteoporosis, and diabetes. It is essential that mothers get ongoing support, in order to continue breastfeeding. Ohio health care providers, family members, and society can support a breastfeeding

mother by:

- Discussing breastfeeding early in her pregnancy.
- Educating her family about why it is important to breastfeed and how to support her decision to breastfeed.
- Educating hospital personnel and health care providers on how to support breastfeeding.
- Creating breastfeeding coalitions to advocate for legislation that supports breastfeeding.
- Encouraging employers to support their breastfeeding employees.
- Working with disaster preparedness organizations to support safe infant feeding.
- Asking the media to promote breastfeeding as the norm.

For more information about breastfeeding, please call the Clermont County WIC Program at the Clermont County General Health District at 732-7329.



## CSE Staff Recognized as Child Support Enforcement Month Begins

*On Wednesday, July 30, employees of the Clermont Child Support Enforcement division of the Department of Job and Family Services accepted a proclamation from Commissioners Bob Proud, Mary Walker, and Scott Crowell, declaring August "Child Support Enforcement Month" in the county.*

# Clermont County Annual Law Enforcement Golf Outing

## In Memory of Lt. Robert Evans

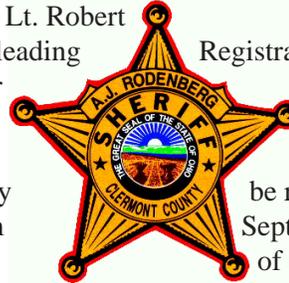
By: Rick W. Combs, Chief Deputy, Clermont County Sheriff's Office

The Clermont County Citizens Law Enforcement Association and the Clermont County Police Chiefs' and Sheriff's Association are co-sponsoring the Clermont County Annual Law Enforcement Golf Outing on September 22, 2008, at Legendary Run Golf Course. The outing is limited to 20 teams and the cost is \$90 per player, in advance, or \$100 the day of the event, which includes dinner from the "world famous" Montgomery Inn. The four-person scramble begins with a shotgun start at noon. If you are unable to participate on

the course, you are certainly welcome to attend the dinner for \$25.

This event is in memory of Lt. Robert Evans, who was one of its leading coordinators; we remember Bob for his diligent work and extreme passion in supporting local community groups. The proceeds from this event support county D.A.R.E. programs, law enforcement scholarship programs, and recognition awards for outstanding law enforcement efforts throughout Clermont County.

This is the only county-wide event that raises money for our non-profit programs.



Registration forms can be obtained by contacting Gene Bishop at 225-5334 and must be returned no later than September 12, 2008. The day of the event you may contact Legendary Run at 753-1919.

You may also donate a door prize by contacting Gene Bishop at the above number or Bill Williams at 625-2806; arrangements will be made to obtain the gift.

## Keep *Cool* in the Heat!

As the summer months linger on and the temperature rises, the danger of heat-related illnesses also rises. People suffer from a heat-related illness when their bodies are unable to compensate and properly cool themselves. The body normally cools itself by sweating, but under extreme conditions, sweating isn't enough.



The following are some tips on how to prevent suffering from a heat-related illness:

1. Drink more fluids (non-alcoholic), regardless of your activity level. Don't wait until you're

thirsty to drink!

2. Avoid liquids that contain caffeine, alcohol, or large amounts of sugar – these can actually cause you to lose more body fluid. Also avoid extremely cold drinks because they can cause stomach cramps.
3. If your home does not have air conditioning, spend as much time in air conditioned places as possible. Go to the local shopping mall, public library, or community center. Many cities set up heat-relief shelters when the temperatures rise – call your local health department to find out where the closest one is located.
4. Fans do not prevent a heat-

related illness when the temperatures rise into the 90's. Taking a cool shower, then going to an air conditioned place is a much better way to cool off.

5. Wear lightweight, loose fitting clothing.
6. Make sure you check often on infants and young children, people aged 65 and older, people who have mental illness, and those who are physically ill – they are more susceptible to heat-related illnesses.

For more information about heat-related illnesses, visit the Centers for Disease Control Web site at [www.cdc.gov](http://www.cdc.gov).

## In the Kitchen with Margaret

By: Margaret Jenkins, OSU Extension-Clermont

### Tomato Salsa with Italian Paste Tomatoes

- 7 quarts peeled, cored, chopped paste (Roma) tomatoes
- 4 cups seeded, chopped long green chiles
- 5 cups chopped onion
- ½ cup seeded, finely chopped jalapeño peppers
- 6 cloves garlic, finely chopped
- 2 cups bottled lemon juice
- 2 Tablespoons salt
- 1 Tablespoon black pepper
- 2 Tablespoons ground cumin (optional)
- 3 Tablespoons oregano leaves (optional)
- 2 Tablespoons fresh cilantro (optional)



Note: This recipe works best with paste tomatoes. Sliced tomatoes require a much longer cooking time to achieve a desirable consistency.

**Caution:** Wear plastic or rubber gloves while handling and cutting hot peppers. If you do not wear gloves, wash hands thoroughly with soap and water before touching your face or eyes.

#### Procedure:

Wash and rinse canning jars; keep hot until ready to use.

Prepare lids according to manufacturer's directions.

#### Preparing Peppers:

Wash and dry peppers. The jalapeño peppers do not need to be peeled.

The skin of long green chiles may be tough.

#### Hot Pack:

Combine all ingredients except cumin, oregano, and cilantro in a large saucepan and heat, stirring frequently, until mixture boils. Add spices and simmer for another 20 minutes, stirring occasionally. Ladle hot salsa into clean, hot jars, leaving ½ inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened, clean paper towel; apply two-piece metal canning lids.



Process filled jars in a boiling water canner according to the recommendations above.

**Yield: 13 Pints**

**Important:** The only change you can safely make in this salsa recipe is to change the amount of spices and herbs. Do not alter the proportions of vegetables to acid and tomatoes because it might make the salsa unsafe. Do not substitute lemon juice for vinegar.

**Recommended process time for Tomato Salsa with Italian Paste Tomatoes in a boiling water canner:**

**Style of Pack:**

*Hot*

**Jar Size:**

*Pints*

**0-1,000 ft.**

*15 min.*

**1,001-6,000 ft.**

*20*

**Above 6,000 ft.**

*20*

### Help Your Child Develop Good Study Habits

Isolate a nice quiet spot for studying. Turn off the television! It is next to impossible to concentrate on studying when your child's favorite cartoon or kid's show is on. If you live in a home where the computer dominates most of your child's free time, turn it off too. Turning off the television and the computer erases major distractions that could otherwise hinder your child's ability to study.

***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.***