



Clermont County On The Move

a newsletter for citizens

January 2006

Commissioners: Bob Proud, Mary Walker, and Scott Crowell

Here's to a Healthy 2006!

What can we do better in 2006? Things like getting in shape, eating healthier, breaking the cigarette habit, and finding new ways to relax often top our New Year's resolution lists. So, what are some things we can do to find some success in keeping resolutions?

Shape up!

Sixty percent of adult Americans are either overweight or obese. Experts recommend 3, 20 minute exercise sessions per week to increase metabolism and promote a healthy heart. Take an extra 20 minutes on your lunch break and walk around the neighborhood where you work. Start using the stairs instead of taking the elevator. Use your TV time as exercise time by moving your exercise bike or treadmill into the room where you watch TV and pedal or walk until the credits start to roll!



Eat Right!

With all of the food that surrounds us from Thanksgiving through the end of the year, you may actually be tired of eating by the time January rolls around. If not, there are a few tips to



consider in making better food choices. Replace sugary soft drinks with water or calorie free drinks. When cooking, add fresh or frozen vegetables to your dish; vegetables bulk up the meal and add big flavor. Stick to high fiber, low fat foods and pay attention to how much you actually eat. Some say that the amount of food we are given at restaurants is often equivalent to 5-6 portion sizes! When you go to a restaurant, take half home and save it for another meal.

Butt out!

Face it, smoking has no benefits. Smoking makes you stink, cigarettes cost a ton, and they contain somewhere around 4,000 chemicals! Going cold turkey is for the most adventurous quitter; there are nicotine patches, prescription medicines (most of which are covered by insurance), and nicotine gums that can help. Set a day to stop. The day before your last cigarette, take all of the ashtrays out of your house and get your



car cleaned so that it smells fresh. Ask everyone in your house to help.

Make time for you!

Feeling stressed after making it through another December? Our lives are often more hectic than we realize, both personally and professionally. Take a load off and learn to relax. One way to get a little break from the pressure is to combine some of the lessons from the tips above. Take a walk to get away from things, eat healthy well balanced meals, and limit overeating. A lot of mental stress stems from our unhappiness with ourselves. Learn to say no when you start to feel overwhelmed.



Making New Year's resolutions is a simple way of telling yourself you want to be a better you. Unfortunately, these promises we make are easily broken. Just because its January does not mean you have to change all at once. Take baby steps and try to improve one thing at a time. If we can do that, there is one less thing to worry about next January.

For more information visit the following website,
www.firstgov.gov.

New Assistant Health Commissioner Named

Julianne Nesbit has been named as the new assistant health commissioner of Clermont County. "I am thrilled that Julianne has joined our staff," said Clermont Health Commissioner Marty Lambert. "She is going to be a great asset to the health district and to Clermont County."

Nesbit received her Bachelor's degree in Environmental Management from Ball State University and her Masters of Public Health degree from Wright State University. She previously worked with the Warren County Combined Health District and an environmental consulting firm.

"I am looking forward to the duties of the position and working with the staff of the health district, as well as collaborating with other county agencies," said Nesbit.

January Commissioner Sessions



Wednesday, Jan. 4

1:00 p.m.

Monday, Jan. 9

TBD

(Board reorganization
meeting)

All regular sessions are held in the third floor session room of the Clermont County Administration Building, 101 East Main Street in Batavia, Ohio. For agenda information, contact the BCC offices at (513) 732-7300.

Did you know?

Clermont County has over 6,800 acres of recreational park land, over 25 miles of biking trails, and almost 50 miles of backpacking and equestrian trails.

County Employees Lend a Helping Hand

Employees from Permit Central, the Building Inspections Department, and the Planning Department, generously donated food and/or money to make a record number of 43 Christmas food boxes for needy families. Some employee's family members also got involved by donating food or money to help make the boxes. The departments have been making food boxes for several years and donating them to the Clermont County Department of Job and Family Services, Children's Protective Services Division, for distribution.

Permit Central also acts as a drop off location for donated eye glasses and cell phones throughout the year. The eye glasses are given to the Lions Club for needy individuals; the cell phones are given to the YWCA of Cincinnati to raise funds for the House of Peace Battered Women's

Don and Dan Lead State Attorney Associations

Clermont County Prosecutor Don White has been elected as president of the Ohio Prosecuting Attorneys Association (OPAA), a

private nonprofit organization that represents the 88 elected

county prosecutors across Ohio. The OPAA promotes the study of law, the diffusion of knowledge, and the continuing education of its members

Clermont County Public Defenders Director R. Daniel Hannon was also recently elected president of the Ohio Association of Criminal Defense Lawyers (OACDL), a statewide professional association that advocates progressive criminal laws and policies that are consistent with constitutional principles, limited government intrusion into the lives of Americans, and a free society.



Photo by Crissy Rolph

Shelter. If you know of someone who may have eye glasses they no longer use, or have cell phones (working, nonworking, missing parts, etc.) please have them drop them off at Permit Central, located at 2275 Bauer Road in Batavia.



Mocktails Event



In an effort to discourage drinking and driving

during the holiday season, Clermont County Safe Communities and Mercy Clermont Hospital held a "Mocktails" contest on December 12 at Clermont Mercy.



Eleven departments at the hospital whipped-up creative non alcoholic beverages that were judged by, among others: Sheriff A.J. "Tim" Rodenberg, Common Pleas Judge Robert Ringland, and Municipal Court Judge Thomas Herman.

The winner of the competition was the "Drinkum and Bari'um." The recipe follows:
 10 oz thawed Pina Colada mix
 5 oz pineapple
 1 liter ginger ale
 5 cups crushed ice
 Optional pineapple sherbet (she did use the sherbet in the one at the contest)



Judge Herman and Judge Ringland toast the competition



The best presentation award went to "Urine Trouble"



Competition winners Julie Porter and Kim Ziegelmeyer

Lights, Camera, Action!

By: Chris Clingman, Park District

Ken Stewart (Clermont Park District board member) recently attended a teachers conference with his wife Janet in Las Vegas. While Janet was attending workshops, Ken took a stroll down the strip and stopped at one of the resort casinos. He got in a line to see a show, at least that is what he thought. After standing there awhile, he was asked to fill out some paper work. He now thought he was going to be part of a studio audience for a TV show.



After a little longer, they moved inside and came into an arena with a boxing ring. It turned out that Ken got to be an extra in the filming of the new movie *Rocky VI*!!! If you run into Ken, be sure to ask Clermont County's newest "movie star" about his experience. He has all kinds of stories to tell.



1-800-The-Lost



Lakeisha Robinson
 This 15-year-old was last seen at her Philadelphia home on December 1, 2005. She is 5'1" and weighs 210 pounds. Her nicknames are KeKe and Keisha



Adre'Anna Jackson
 This 10-year-old was last seen walking to school in lakewood, Washington on December 2, 2005. She is 4'7" and weighs 78 pounds.



www.wirelessambalerts.org

Sheriff's Staff Recognized

Five members of the Clermont County Sheriff's Office have been recognized for their exceptional work and contributions to the community during 2005. The awards were presented to Corporal Robert Hogel, LPN Yvonne Wallace, Deputy Dan Cooper, Sgt. William Vaught, Deputy Bradley Burns, and William Williams during a special banquet.



Chief Deputy Rick Combs said their peers nominated the award winners several weeks before the event.

Corporal Hogel was commended for his more than 20 years of professional service to Clermont County as a jail corrections officer. "He has consistently had a positive professional attitude," said Combs.

Combs said Wallace was "receiving a very special award today, a civilian award" for her quick response in an emergency situation that occurred at the Eastgate Kroger store on March 18, 2005, when a Kroger employee fainted. Wallace immediately began emergency breathing and kept it up until the emergency unit arrived a few minutes later. Wallace works as medical support for an independent contractor at the jail.

Combs said that Cooper was being recognized for the "exemplary work that his superiors have seen over and over again." Deputy Cooper received his commendation for the investigation of three major crimes that, according to Combs, "resulted in the arrest of several major criminals."



Sgt. Vaught, according to Combs, is known for his excellent memory as he knows every "crook in Clermont County by name, social security number, and date of birth." Vaught was commended for his consistent leadership and professionalism.

Deputy Bradley Burns was commended for his quick action following a Clough Pike home invasion last January. Burns spotted the suspect driving a car with the victim's new television inside; he made a quick traffic stop. "His alertness resulted in an arrest and conviction," Combs said.

Williams was commended for his "steady and effective leadership as a coordinator for the Clermont County Narcotics Unit." He was responsible for organizing the first Clermont County multi-jurisdictional drug task force which was the beginning of narcotics investigations in the county. Williams' unit has the highest drug arrest rate for any county in the state.

Busy Season for Christmas Elves

By: Sanna Gast, DJFS

The 2005 Christmas program was a success with individuals stepping forward to sponsor 375 needy children. Without this generosity, these children would not have had presents to wake up to on Christmas morning.

I would like to thank you from the bottom of my heart for participating in this annual effort and may you be

blessed in 2006 as richly as you've blessed others. You have brought a sparkle to small children's eyes and the belief of Santa is still in their little hearts.

I hope to hear from you next year. You may contact me as early as October, at 732-7264, to let me know if you are interested in sponsoring a family during the 2006 holiday season.



Editor's note: Sanna has been heading up this Christmas drive for 14 years and was recently featured in the Community Press newspapers as one of those special individuals who "light up" this community by brightening the lives of others. We certainly agree!

Return the Books and CD's, or Pay Up!

By: Sandy Prell, Clermont Library

Have you ever asked to borrow a book, video or compact disc from the Clermont County Public Library (CCPL), only to find the material you want is checked out, long overdue, and not likely to be returned? The library staff makes every effort to get the materials back and collect the fines. Now, they will have another tool to get material back on the shelves for your use.



nity loses those resources, too.”

Unique's goals are consistent with the goals of the library: to maintain customer goodwill, return a high percentage of materials to circulation, minimize library staff time required to recover materials and fines, and to offset the cost of contracting with Unique. “Our company is not a traditional collection agency, because the customer base consists solely of libraries,” said Melissa Fenton of Unique. “Our return on investment averages \$4 in returned materials and cash for each \$1 invested among all of our 650 library customers,” she added.

Congratulations!

The Ohio Parks and Recreation Association (OPRA) has announced that the Chilo Lock #34 Park Museum and Visitor Center has received an honorable mention in the annual OPRA awards of excellence competition. The award, in the new facilities category, will be presented at the OPRA annual conference, scheduled for February 2006 in Toledo.

In January, CCPL will begin using the services of Unique Management Services to recover overdue materials or fines exceeding \$25 or more.

“We are very comfortable with Unique Management, as the company has a well established history of helping libraries recover missing or long overdue materials,” said Leslie Massey, CCPL director. “In this time of uncertain funding it is very necessary that the library make every effort to use our resources to benefit the entire community. When material is not returned, it's not just the library that loses. Everyone in the commu-

DJFS Director Arrested?

By: Suzanne Embry: DJFS

On Wednesday, December 7, 2005, Clermont Department of Job and Family Services Director Tim McCartney was “arrested” by order of the Muscular Dystrophy Association (MDA). He was transported and jailed at O'Charley's in Eastgate until he successfully raised his \$600 bail. McCartney was one of many participants who took part in the Muscular Dystrophy Association's annual Amelia/Batavia fund raiser, collecting over \$22,000.



Clermont County Engineer Pat Manger was the most successful at raising funds for the MDA locally, obtaining \$2,150 in pledges. Clermont Commissioner Mary Walker was also among those obtaining the highest amount of pledges. Other Clermont County employees participating in the lock-up: Carla Franklin (Batavia License Bureau), Chris Mehlman (Auditor's Office), and Bob Sander (Human Resources).

The Clermont County Sheriff's Department provided transportation for the event.

*** Above photo supplied by Jeff Conner, DJFS



By: Tammy Craig, Clermont Library

Email in 30 Minutes

January, Monday through Saturday
Bethel Branch



Adults are invited for one-on-one training to learn how to set up a free email account and how to send and receive messages. Call to schedule an appointment, 734-2619.

Scrapbook Your Memories

January 17, 7 p.m.
Bethel Branch

Stacey Goslin will share tips and tricks for transforming your keepsakes and snapshots into scrapbook pages. Participants need to bring photos and mementos to use. All other supplies will be provided. To register, call the library at 734-2619.

Winnie the Pooh Birthday Party

January 7, 2 p.m.
Milford-Miami Township Branch
Children, ages 3 and up, are invited for games, crafts, and a special treat. Call the library to register at 248-0700.



We Were the Mulvaney's

January 9, 7 p.m.
Milford-Miami Township Branch
Adults are invited to join the Monday book discussion group to talk about this popular novel by Joyce Carol Oates. For more information, call the library at 248-0700.



Spring Storytime Session

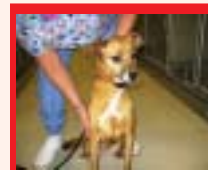
Tuesdays, beginning January 17, 10:30 a.m.
New Richmond Branch
Children, ages 2-6, are invited for this fun morning activity. Call the library to register at 553-0570.

Internet Scavenger Hunt

January
Williamsburg Branch
Teens and tweens are invited to test their computer skills while learning something new and receive a surprise. For more information or to register for the program, call the library at 724-1070.



Find a new "best friend"



**Clermont
Animal Shelter**
732-8854

Protect your Family

Complete a Personal Emergency Card

By: Debbie Hawkins, Coroner's Office

The Clermont County Coroner's Office has joined with area police departments to create a Personal Emergency Card. This card is a great tool for homes, businesses, and all county departments to use to help protect family and loved ones. It has space for all of your personal identifying information, medical history, distinguishing characteristics, a photo, and even a lock of hair.

Law enforcement can use the card for Alzheimer patients or a child who is missing. The card can also assist medical personnel in obtaining life-saving information about you. In a disaster, the Coroner's Office can use the card for identification purposes.

A copy of the card should be kept, along with your important papers, in a safe place. For senior citizens or someone who has a significant medical problem, the card should be displayed in a prominent place, such as on a refrigerator.

To obtain a free Personal Emergency Card, contact the Goshen Township Police/Fire/EMS department at 722-3200, Pierce Township Police Department at 752-4100, or the Clermont County Coroner's Office at 732-8117.

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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 Beth Rawdon at **732-7597**.