Mall Road Reconstruction Project Has Begun

The years of planning are over, the design is finished, bids are open, the contract has been awarded, and the orange barrels are out. The Mall Road reconstruction project has begun!

The project will bring a modern new look to the 1.8 mile-long Mall Road retail district and will provide a new road, curb and gutter, storm water improvements; landscaped medians in the middle of the road; new street lights, sidewalks; bus pull-offs; roadside landscaping; and a new traffic signal at the intersection of Plaza Boulevard and the south entrance to the Florence Mall (the main Cinema De Lux entrance from Mall Road).

To minimize disruption to the businesses along Mall Road, construction will be phased over a two-year period. Phase I began just days ago and will occur between Burlington Pike (KY 18) and the northbound entrance/exit ramp to I-75. Phase I construction is required to be substantially complete before the beginning of the 2010 holiday shopping season (October 31). The second phase is scheduled to begin during the spring of 2011 and will occur between the I-75 entrance/exit ramp and U.S. 42. Substantial completion of Phase II is expected by the end of October 2011.

The City of Florence would like to thank Kentucky Governor Steve Beshear for recognizing the economic importance of Mall Road and providing the funding necessary to make the project happen. The City would also like to thank the Kentucky Transportation Cabinet for their assistance with the project. Once the project is completed, Mall Road will be accepted as a City street for permanent maintenance.
Do You Have Vascular Disease?

Peripheral Arterial Disease (PAD) is more common than most people realize. In fact, many of those with PAD do not have the typical symptoms of the disease. For some 10 million Americans, PAD is a serious risk factor leading to stroke, aortic aneurysm and lower extremity ischemia (restriction of blood flow to the legs).

PAD occurs when atherosclerosis, or hardening of the arteries, causes a buildup of plaque in the blood vessels that carry oxygen and nutrients to tissues in the body. As these plaques worsen, they can reduce essential blood flow causing pain, possible tissue damage, and even tissue death. In the lower extremities this narrowing can create pain or aching in the legs with walking (claudication), rest pain in the feet or legs at night, non-healing sores in the toes or feet, and can even lead to limb loss in its most severe form. Are you at risk for PAD? Take the quiz to see if you have any of the major risk factors.

At the Vascular Institute our vascular specialists are able to provide the latest technologically advanced procedures for treatment of vascular disease. The combined experience at our center allows for individualized care with development of a treatment plan specially designed with your needs in mind.

We now have three locations to better facilitate your needs — St. Elizabeth Edgewood, St. Elizabeth Florence and St. Elizabeth Grant. For more information, call us at 859/301-4723.

Vascular Screening Quiz

- Do you have pain or cramping in your legs when walking which gets better with rest?
- Do your legs feel progressively tired, swollen and heavy throughout the day?
- Have you ever been diagnosed with a vascular-related illness?
- Have you ever had a sudden weakness or numbness in an arm or leg?
- Have you had any episodes of sudden blindness or visual changes?
- Do you have any family history of arterial disease or aneurysms?
- Do you currently or have you ever smoked?
- Have you ever been diagnosed with diabetes?
- Have you ever been told you have high cholesterol or high blood pressure?

If you answered yes to any of the above questions you could be at risk for a vascular-related illness. Save this short quiz and share it with your family physician to determine if you need further evaluation by a vascular specialist.

St. Elizabeth Healthcare Receives Top Honors

This spring, St. Elizabeth added another honor to its growing list of distinctions when Thomson Reuters named it one of the nation’s 100 Top Hospitals®. This is the fifth time St. Elizabeth has received the award, which recognizes excellence in clinical outcomes, patient safety, patient satisfaction, financial performance, and operational efficiency.

“We are one of only 26 hospitals in the country to receive this designation five or more times,” said St. Elizabeth President and CEO Joseph Gross. “This puts us in very select company with healthcare institutions such as the Mayo Clinic and Cleveland Clinic.”

St. Elizabeth Edgewood was also recently named one of America’s 50 Best Hospitals by HealthGrades for the fourth consecutive year. In fact, St. Elizabeth is one of only four hospitals in the country to achieve America’s 50 Best, Top 100 and Magnet™ status for excellence in nursing care.

According to the HealthGrades report, St. Elizabeth Edgewood is also best in Greater Cincinnati for overall orthopedics, joint replacement and spine surgery as well as overall cardiac services and cardiology. Overall, St. Elizabeth Healthcare has achieved eight specialty excellence awards and 27 five-star ratings.

HealthGrades is the leading independent healthcare ratings organization and Thomson Reuters is a national provider of information to improve the cost and quality of healthcare. For more information, go to www.healthgrades.com or www.100tophospitals.com.
Vericose Veins: An Expert Solution to a Painful and Uncomfortable Problem

Do you have problems with varicose veins? If so, you are not alone. It is estimated that more than 50 million Americans have some type of venous disorder.

In your body, veins carry blood back to the heart and lungs where it picks up essential oxygen to circulate back to the body through your arteries. If you could imagine being a blood particle in your leg, in order to make it back to your heart, you would have to travel uphill against gravity to complete this task. To help accommodate this challenge, veins have tiny valves, about the thickness of a butterfly wing, that help stair step the blood back toward the heart.

Occasionally, most often from heredity, these tiny one-way valves fail and blood in the superficial veins, just under the skin, has a tough time working its way uphill into the bigger veins that carry blood back toward the heart. This creates increased pressure in the superficial veins and they begin to bulge and become more noticeable. Over time the increased pressure may also cause fluid to leak out into the tissues creating leg swelling, pain, itchy areas, skin discoloration or even ulcers to form.

Treatment for individuals with varicose veins begins with a thorough evaluation by an expert who deals with venous disease. As part of this evaluation an ultrasound may be used to look at your veins to see if the valves are working appropriately. Treatment options depend on the severity of the disease but may include one or a combination of the following therapies:

- **Compression therapy**—Using graduated compression stockings to help control unneeded pressure in the veins.
- **Sclerotherapy**—Injection of a scarring agent that causes the veins to close.
- **Laser or radiofrequency ablation**—Minimally invasive procedures used to close off or scar down incompetent veins which may be causing increased pressure in the veins.
- **Vein stripping**—Removing veins that are problematic.

For a thorough evaluation by a vascular expert for your venous disease, contact the Vascular Institute at St. Elizabeth Healthcare. Our specialists have years of experience with venous disease and can provide you with personalized care to help you with diagnosing, understanding and treatment options if needed for your problem. For more information, or to contact the Vascular Institute, feel free to call us at 859/301-4723. Our specialists now have locations in Florence, Edgewood, and Grant County to bring our expert care to you.

The Boone County Historic Preservation Review Board and the Benefits of CLG

The Boone County Historic Preservation Review Board was formed in 1986 when the County joined the Federal Certified Local Government (CLG) program. The Review Board guides the County’s historic preservation program, including cemetery preservation (especially the Old Burlington Cemetery), recording historic sites, preservation planning, and providing technical assistance for owners of historic properties. The Review Board is staffed ½ time by a preservation planner.

Since 1986, the Review Board has been awarded nearly $194,000 in Federal CLG grants, with awards averaging $9,000 per year. These small grants have been leveraged toward many different projects over the years. Early on, CLG funds were used to help set up the Dinsmore Homestead Foundation and to revive the Boone County Historical Society. Survey projects of historic buildings and archaeological sites have greatly enhanced our understanding of Boone County’s rich heritage. The Burlington National Register Historic District was updated and new districts were created in Rabbit Hash, Walton, and Big Bone Lick State Park. Every Boone County property on the National Register is eligible for some form of rehabilitation tax credit — state and/or federal. Other CLG projects completed over the years include a heritage education curriculum for 4th Graders, a Heritage Tourism Map of Boone County and three publications: “Historic Structures of Boone County,” “Images of America: Burlington,” and “The Prehistoric Farmers of Boone County.” The Board explores local history every month in their “Historic Boone County” column in *The Boone County Recorder*. In the last two years, the Board has raised over $6,000 for the Old Burlington Cemetery through events ranging from mountain bike races to the Burlington Ghosts & Mysteries Tour. For more information about the Board, their monthly meetings and projects, please contact Matt Becher at 859/334-2111 or mbecher@boonecountyky.org.
The Choices We Make Do Make a Difference

Choices — we all have them. Sometimes people forget they have the power to impact the world around them. The choices we make affect our lives and the lives of the people we care about most. If you had the choice to leave the world a better place, would you? We have lots of opportunities to help you do just that!

Choose to Support Our River Communities

River Sweep is June 19 and promises to be the most expansive tidying of Boone County’s riverbank in years. Meet us in Rabbit Hash, Big Bone Boat Dock, Petersburg Community Center, Split Rock Conservation Park, Bellevue or Giles Conrad Park to partake of rewarding refuse removal, a gratis lunch, and a fabulously philanthropic fashion t-shirt that is yours for free. Choose to volunteer this one Saturday and you’ll be amazed at how good you feel! To sign up, just give us a call or send us an email at kchapman@boonecountyky.org.

Choose to Tidy Up Our Roadways

Trash for Cash has once again awakened from its winter nap and we are ready to dole out some green to Boone County non-profit groups who don’t mind doing a bit of garbage removal. Groups can earn a $100 donation for each mile of roadside litter that they clean. If you are part of a nonprofit group in the County that’s out to make some dough, please let us know! The best choice you can make to keep our communities clean is ... never litter, EVER!

Choose to Recycle at School and Learn

We still provide FREE education programs to any school, civic organization and club in Boone County. Just give us a call or an email to schedule a program. Our schools have chosen to be leaders in recycling. They are receiving recycling bins for their classrooms so they have the choice to make a difference every day.

Choose To Recycle At Home

Household Recycling - The cities of Florence, Union, and Walton all have curbside recycling available, as do many of the outlying areas in the County. Simply call your waste hauler to sign up. We also have more recycling drop-box bins than you thought possible, all of which accept plastics with a spout numbered 1 through 7, glass bottles and jars, aluminum (soda) cans and steel (vegetable and soup) cans, and paper and cardboard of all varieties. You can even drop your old phone books.

If you have any questions at all about what is recyclable and how to get set up with a refuse-reducing system of your own, please call us. We love to help out recyclers.

Battery Recycling - We are happy to announce our choice to provide battery recycling to residents at the following locations:

- City of Union - City Building, 1843 Mt. Zion Rd., Union
- City of Walton - City Building, 40 N. Main St., Walton
- City of Florence Public Services, 8100 Ewing Dr., Florence
- Boone County Public Works Department, 5645 Idelwild Road, Burlington

Choose to Mark Your Calendars

Quit the Littering Coloring Calendar Contest — begins Sept. 10
Boone County Fall Cleanup — October 18 through October 24
Boone County Teens on Wheels Safety Program

The leading cause of death for teens is not guns, drugs, or violence, it is car crashes. Research shows which behaviors contribute to teen-related crashes. Inexperience and immaturity combined with speed, drinking and driving, not wearing seat belts, distracted driving (cell phone use, loud music, other teen passengers, etc.), drowsy driving, nighttime driving, and other drug use aggravate this problem. Per mile driven, teen drivers ages 16 to 19 are four times more likely than older drivers to crash. Fortunately, teen drivers ages 16 to 19 are the most fun weeks of your life? Do you like to catch bugs, butterflies, crayfish, or fish? Or learn new things such as swimming, riflery, archery, canoeing, crafts, songs and dances? Do you like to do for a hike and spend time identifying trees and critters you find along the way? Do you like making new friends and having lots of fun? Then 4-H camp is for you! Come share the fun, July 19 - 23 at North Central 4-H Camp. North Central 4-H Camp is located in Carlisle, KY on 350 acres of rolling hills and forested land near Lake Carnico. This camp is open to enrolled 4-H members, 9-14 years of age. Not a 4-H member? Membership is FREE and easy to enroll.

At our 4-H camp, you’ll find fun things to do, meet new friends, and learn new skills and activities. You will take home your fond memories of the fun times shooting a bow and arrow, obstacle course challenges, your team winning in field relay games, or just cooling off in the pool.

Campers will be in a safe and secure environment; learn new skills through hands-on classes and activities; be provided with nourishing meals that meet Federal Food Program guidelines for healthy eating; be supervised by screened and trained camp staff and volunteers; have access to qualified emergency health care if needed by an on-site EMT; and have many happy memories from 4-H Camp!

Camping Program Benefits Include: Exposure to the 4-H philosophy and programs; realizing the satisfaction and dignity of work; developing leadership and teamwork talents and abilities; learning the decision-making process; exploring career opportunities; learning constructive use of leisure time; practicing healthful living; seeing one’s relationship to the environment; appreciating nature; strengthening personal standards and citizenship ideals; cultivating a desire and ability to cooperate with others; and character building.

Activities at Camp: Safe and approved instructional methods and materials are used in classes taught by our trained staff include swimming, canoeing, rifle/archery, arts and crafts, challenge course, nature, recreation, sports, fishing, Lego construction, and much more. Evenings are filled with a variety of fun, social and creative activities that include dancing, singing, special events and a campfire program.

Camp fee is $145 (per camper). All camps are regularly inspected and approved for safety by local health departments and state and university fire marshal’s offices. Visit the 4-H camp web site at: www.ca.uky.edu/4hcamp. For additional information on this camping program, or to enroll in 4-H, contact our office.
EXPAND YOUR CREATIVITY

RAG RUG WEAVING
If you are looking for a way to use those scraps of fabric you have been saving, this is the class for you. Learn the old art of rag rug weaving! You will need to bring to class: three pre-washed one-and-a-half-yard pieces of different color or patterned cotton fabric (no stretchy fabric), scissors and a ruler. Needle/shuttle and book are included in tuition. You will weave an oval rug. Class is limited to 8. $45
Monday & Tuesday, June 14 & 15, 5-7 PM
Conner High School
Louise Grivetti

INTRODUCTION TO COMPUTERS
This session is intended for those students who need to learn, or review, fundamental computer skills and terminology prior to taking other computer-related classes. Through hands-on experience, we will cover basic Windows settings (screen savers, colors, display, etc.), saving and organizing your files into folders and general computer and Microsoft Windows basics. $40
Tuesday, June 15, 9-11 AM
Ryle High School
Ruth Davis

ADVANCE YOUR SKILLS

BASIC INTERNET
Find out how to connect to the Internet, what you can find online (whether searching, shopping, or surfing), and how to get to a website. $40
Thursday, June 17, 9-11 AM
Ryle High School
Ruth Davis

BASIC MICROSOFT EXCEL
Students will learn the basics of Microsoft Excel 2007 in this class. Topics will include, but are not limited to, creating and saving spreadsheets, formatting and editing, calculating formulas and inserting charts. $40
Thursday, June 17, 6-9 PM
Ryle High School
Ruth Davis

INTRODUCTION TO EBAY
Explore the world of EBAY, including registering, buying and selling. See how to bid, purchase, etc. See how to become a seller, create your listings, set up your shipping, etc. Please bring information on a couple of items you might be interested in purchasing, so you can search for it on EBAY. Also, bring information on a couple of items you might want to sell (a picture on a CD or a flash drive would also be great, if you have one), so you can create a sample listing. Join the world of EBAY auctions! $40
Thursday, June 17, 10 AM -2 PM
Conner High School
Kim Trauger

ENHANCE YOUR WELLBEING

HIP HOP DANCE FOR KIDS
Learn to hip hop dance and meet new friends. Hip Hop Dance is a high energy fun filled dance class for kids 5 years to 18 years old. Participants will spend the majority of the class time involved in physical participation. $30
Monday through Thursday
June 14 - June 17, 10:30-11:30 AM
Boone County High School
Sophy Kidep

EXPLORE YOUR INTERESTS

CONVERSATIONAL ENGLISH FOR BEGINNER ELL STUDENTS
Improve your everyday English with many fun activities. Students will work on using English in the classroom and social settings. This session is for beginner ELL students grades 3 through 5. Students will take a short field trip on Friday. Come and join the fun! $45
Monday through Friday
June 14-18, 12:30-2:30 PM
Erpenbeck Elementary School
Alisa Alcock

IMPROVE YOURSELF

GRAMMAR FOR INTERMEDIATE ELL STUDENTS
Learn grammar and parts of speech needed for classroom English. This class will be helpful for both elementary and middle school (grades 4 through 6). Class is not for beginner ELL students. Students will take a short field trip on Friday. Come and join the fun! $45
Monday through Friday
June 14-18, 12:30-2:30 PM
Erpenbeck Elementary School
Alisa Alcock

BABYSITTING
This excellent 8-hour course is designed for girls and boys, ages 11 and older. The course focuses on the responsibilities of a babysitter: how to prepare for a job, accident prevention, safe toys and games, diapering, feeding, emergency first aid, rescue breathing and choking prevention procedures, and other safety topics. Participants receive an American Red Cross certificate upon completion. Must complete the required number of hours to receive certificate, and must attend all four classes. Class size limited to 10. Please bring all required supplies to first class. $30
Monday & Tuesday
June 14 & 15, 8:30 AM-12:30 PM
Or
Wednesday & Thursday
June 16 & 17, 8:30 AM-12:30 PM
Florence Elementary School
Jill Coulter

PARENTS AROUND THE WORLD (PAW CLUB)
Parents Around the World is an English class for mothers of young children. Bring your children (birth – age 3), learn English, get parenting pointers, take-home activities and more! No cost Call 282-4629 for times and dates

Adult Education Center

Summer 2010

Program Schedule
TANK Opens New Park and Ride in Hebron

On May 29, TANK is beginning service to the North Bend Park and Ride, located on North Bend Road on the 29X route in Hebron. This park and ride is another joint partnership between TANK and the Kentucky Department of Transportation, who designed and built the lot for TANK’s use. The lot will primarily serve commuters from Hebron that work in Cincinnati. Parking in the lot is free. Fare for the 29X route is $1.75 each trip.

May Is Bike to Work Month

And May is only the beginning! You can Bike & Ride to work all spring, summer and fall with TANK. Each bus is equipped with a bike rack which holds two bicycles for safe transporting between your rides!

Routes:

1 Florence
1X Florence Express
2X Airport Express
22X Walton Express
28X Empire Drive Express
29X Hebron Express
32X Burlington Express

Park and Ride Locations:

Biggs – Houston Rd. (1X)
Burlington Park and Ride (32X)
Hebron Lutheran Church (29X)
NOW OPEN! North Bend Park and Ride (29X)
Mt. Zion Park and Ride (22X)
Houston Road Park and Ride – near the corner of Commonwealth Rd. on Houston Rd. (just north of Citi) (1X)

Call 331-TANK or visit www.tankbus.org for schedule and route information.
Breathing Is Not a Choice: Smoke-Free NKY

“Playing in Northern Kentucky bars and clubs is great except for the massive amounts of cigarette smoke that make a thick haze by the end of the night, irritating my eyes and choking me to where I can’t even breathe. These bars are my workplace and I shouldn’t have to be poisoned to do what I love.”

-Mike Flinchum (Musician)

It’s Friday night at a local eating and drinking establishment in Northern Kentucky. The food is good, the music is picking up — and there’s a blue haze in the air. The secondhand smoke is so thick it’s hard to see across the room.

Fact or Fiction?

Unfortunately, this scenario is far too common for many workers and musicians in Boone County. While the U.S. Surgeon General declared in 2006, “The debate is over. The science is clear. There is no safe level of exposure to secondhand smoke,” the debate continues in Northern Kentucky. Are smoke-free laws a matter of public health or private property rights?

Fact: Smoke-free policies are a public health solution to a serious threat, not a personal or business rights issue. Secondhand smoke is known to cause cancer, heart disease, emphysema, and stroke.

Fact: There are already many laws and regulations by which business owners must abide. Laws regulate many aspects of business designed to protect public health, from occupancy permits for fire safety, food preparation, fall protection, and sneeze guards on buffet lines. Ensuring clean air is another common sense public health measure that requires governmental protection.

Fact: While business owners may privately own their business, by inviting the public in, they are responsible for providing a safe environment. A free market approach does not protect all workers. In the best case scenario, not all workers can be covered by voluntary smoke-free policies. Business owners like the government to level the playing field so all have the same smoking rules.

What Is the Bottom Line?

Smoke-free laws and regulations protect the constitutional rights of all people by preserving: (a) life by reducing secondhand smoke related death and disease; (b) liberty by promoting the freedom to work and visit any public place without getting sick; and (c) the pursuit of happiness by ensuring the right to breathe clean air.

Did You Know ...

- 5 minutes of exposure to secondhand smoke stiffens the aorta as much as a cigarette.
- 20 minutes of exposure causes excess blood clotting, increasing the risk of heart attack and stroke.
- 30 minutes of exposure increases the build-up of fat deposits in blood vessels, increasing the risk of heart attack and stroke.
- 2 hours of exposure increases the chance of irregular heart beat that can be fatal or trigger a heart attack.

For more information, go to www.nkyaction.org
Deck Safety for Summertime Fun

With summer approaching, it’s time to enjoy barbecues, and lounging on the deck. Here are a few ways that Building Codes make your summer safer.

It is important to make sure your deck is safe. Most experts agree that the average life expectancy of a wood deck is 10 - 15 years. When building a deck, or if you have an existing deck, you should know how to evaluate its construction to make sure it’s structurally sound and safe.

Here are things to look for:

1. **Split or decaying wood:**
   Check several different areas of the deck to be sure the wood is still sound. This includes the ledger board (where the deck attaches to the house and a common source of deck failure), support posts and joists under the deck (if you can reach them), deck boards, railings and stairs.
   Pay special attention to any areas that tend to remain damp, are regularly exposed to water, or are in contact with fasteners. Use a tool like an ice pick or a screwdriver to penetrate the wood surface. If you can easily penetrate ¼ - ½ inch, break off a sliver of wood without splinters, or the wood is soft and spongy, decay may be present. This is also a good time to look for small holes in the wood, which may indicate insects.

2. **Flashing:**
   Flashing is a metal or plastic guard that directs water out and away from sensitive areas. It’s often installed where the deck and house come together, keeping moisture and debris from collecting between the house and the deck’s ledger board. Be certain the flashing is sound and firmly in place. Consider adding or replacing flashing if you notice areas that are obviously allowing water to collect.

3. **Loose or corroded fasteners:**
   Fasteners include nails, screws or anchors in the ledger board. Tighten any loose fasteners, and pound in any nails that have popped up. (Note: the ledger board should not be fastened with only nails, should be with lag bolts.) If a fastener appears rusted or corroded, consider replacing it. A corroded fastener can cause deterioration in surrounding wood. The deck or stairs should appear even without sagging and should not sway or move when tested.

4. **Railings and banisters:**
   These should be secure. Push on them to be sure there is no give. Also, check to be sure they are high enough (most codes require a 36” high railing and usually encourage 42” high railings) with rails no more than 4” inches apart to keep small children and pets from squeezing through.

5. **Stairs:**
   Check the risers and stringers to be certain they are securely attached and not decayed.
   Do not overload your deck. Most decks are designed for 9 sq. feet per person. The load for a 14’ x 12’ deck would be 19 people.
   Hopefully these tips will help in evaluating your deck. If you need more information on building permits or questions on deck safety please feel free to contact the Boone County Building Department at 334-2218. Have a great summer.
Head Start Coming to Boone County

Northern Kentucky Community Action Commission (NKCAC) is working in eager preparation for its newest addition toward building a stronger future for Northern Kentucky: A new Head Start Center in Burlington. The center, to be housed in the county-owned Maplewood building adjacent to the Fairgrounds, will provide a quality, free preschool education for Boone County’s at-risk 3 and 4 year olds. Over the summer, NKCAC will make some renovations to the facility to prepare the space for preschool services. Beginning with the 2010-11 school year, Boone County Head Start will serve up to 40 children and their families annually with comprehensive preschool and wrap around day care services for families in need. Judge Gary Moore said, “We are pleased to have Head Start in Boone County. This is an important service to offer to our residents and I’m looking forward to a productive partnership with NKCAC.”

Northern Kentucky Community Action Commission’s mission is to help low income individuals and families develop the knowledge, opportunities and resources they need to achieve self-reliance. Because the early years are so important for getting a good start in life, NKCAC sponsors six Head Start pre-school centers serving Boone, Campbell, Kenton and Pendleton Counties. NKCAC has provided Head Start services for low income 3 and 4 year olds for more than 40 years. Currently, children from Boone County are served in the agency’s Elsmere Center.

Each of these centers participates in the Commonwealth of Kentucky’s STARS program (each achieving a 2 or 3 STAR rating); and utilizes the Early Childhood Environment Rating Scale (ECERS). Classrooms, the curriculum and teacher training are all designed to meet the individual needs of each child. A comprehensive screening includes both a family needs assessment and hearing, nutrition, vision, speech, education, physical, and dental screening. Parents are encouraged to volunteer in the centers as a way to start a lifelong habit of involvement in their child’s educational progress.

Because of the beautiful facility and setting that Maplewood provides, many other activities and services are also anticipated in the space. For example, the gymnasium will be available for community use, primarily through Boone County Parks and Recreation and YMCA programming.

For more than 40 years, Northern Kentucky Community Action Commission has worked hard to develop a strong reputation for providing quality, essential services and for providing a voice to the low income families it serves. Besides Head Start, NKCAC helps low income families by offering home weatherization and repair; job training and employment services for all, with particular emphasis on youth and seniors; community education that includes energy conservation, budgeting, healthy relationships, and literacy; and safety net services including energy assistance, home-less prevention and case management. This comprehensive range of services helps families gain the skills they need to become self-reliant.

The Northern Kentucky Community Action Commission operates in the eight Northern Kentucky counties.

Recruitment for children to participate in the Boone program is starting now. To be eligible, a child must be 3 or 4 years old by October 1, and meet income guidelines or have a disability. Interested parents can call 859/431-4177 for more information.

EMPLOYEE SPOTLIGHT

Many residents may not know Barry Couch, but they do know his work!

Barry has worn many hats within the Information Systems Department over his 20 years of service. Barry developed and maintains the County’s website www.BooneCountyKY.org as well as several other websites. He also develops and maintains software applications and databases that are used county wide. He continues to train end users on how to utilize the application. Through his work, hundreds of data entry hours have been saved thus saving the County thousands of dollars annually.

Barry began his career with Boone County in March 1990. Since that time, Barry has been a tremendous asset to our end users, citizens, and his coworkers.

He possesses technical knowledge and skills that take years to acquire. He has a very calming demeanor, in what is sometimes a very demanding position. He is dedicated to the quality of his work because his number one priority is resolving all issues as efficiently as possible. He has a strong and positive work ethic and truly loves working with people.

In his spare time, he enjoys going to the beach, camping, and spending quality time with his wife, Joy and their children, Michael and Kelsey.

Thank you, Barry, for being a part of Boone County’s team!
Dog License Expiration Extended

Since the inception of the Kentucky Dog Laws in the mid-1950s, dog owners in Boone County have renewed their dog’s license tag on or before June 30 of each year. That will all change this year. The expiration date of all current Boone County dog licenses is being extended to January 31 in an effort to balance the shelter’s work load.

Activities, in general, increase with warmer weather and this includes animal activity. The shelter experiences heightened demands for service across the board, from animals running at large and dog bites to adoptions and shelter tours. There is an opposite affect during colder weather so activities slow down. “It only makes sense to move the license renewal period to a slower time of the year,” states Beckey Reiter, Director of Boone County Animal Care and Control.

“Each year we challenge our team to come up with new ways to do more with less. It’s becoming increasingly difficult to find ways to cut costs while continuing to maintain our levels of service,” says Reiter.

The question was presented during a recent planning session with staff members. The change will balance the staff’s workload resulting in more availability to address other demands for service, reducing the strain on resources during the warmer season.

“Instead of our crew being nailed down to a desk issuing licenses during our busiest season, they will be in the facility and out on the street addressing service demands,” states Reiter. “The animal shelter will continue to look for cost effective ways to advance our programs and maintain our high level of service.

Why does your dog need a license? There are several reasons; first, a license clearly establishes ownership. Second, any stray animal brought to the shelter with identification automatically has their holding period extended from five days to 14 days. And, finally, if your dog has a license and someone over 18 is home to accept responsibility, your dog will get a ride home.

Individual dog licenses and kennel licenses will be extended by seven months to January 31. Commercial animal establishments, such as boarding and breeding kennels, pet shops, and other animal related businesses will continue being renewed each year on June 30 due to ordinance requirements. Licenses are available at the animal shelter during normal business hours and at participating veterinary offices. Applications are also available online at www.boonecountyky.org/bcas.

For any questions, contact Boone County Animal Care and Control at 859/586-5285.

Free - Movies start at Dusk
The movie titles have not yet been confirmed. They will be on our website at www.boonecountyky.org/parks/Shows.aspx when that information is available.

Or become a fan of Boone County Parks on Facebook or Twitter @BooneCountyPark for weekly updates.

Bring your chairs, blankets & snacks & enjoy a variety of movies this summer in the parks. All movies will be family rated.

June 4 City of Union’s Community Center
June 11 Florence’s South Fork Park
June 18 City of Union’s Community Center
June 25 City of Union’s Community Center
July 2 City of Union’s Community Center
July 9 Boone Woods Parks Creekside Stage
July 16 Boone Woods Parks Creekside Stage
July 23 Boone Woods Parks Creekside Stage
July 30 Boone Woods Parks Creekside Stage
Aug 6 Boone Woods Parks Creekside Stage
Aug 13 Boone Woods Parks Creekside Stage
Aug 20 Boone Woods Parks Creekside Stage
Aug 27 Boone Woods Parks Creekside Stage

The Rain Site for concerts & Family Fun/Movie Nights will be at Conner Middle School.
The rain out number is: 859/334-4811.

The following are sponsors for the Boone County Parks Movie Nights:
Chick-fil-A
Chambers and Grubbs Funeral Homes
KY Farm Bureau Florence Office
Kona Ice

Family Movie Nights Are Fun!
Boone County Youth Cabinet

Looking for a Few Good High School Students

The Boone County Youth Cabinet (BCYC) is currently seeking applicants for the upcoming academic school year. BCYC is open to any student who is a Boone County resident and will be a junior in high school during the 2010-2011 school year. This program was established by the Boone County Fiscal Court in 2002 for students to receive training and experiences in leadership and public responsibility, to offer youth perspectives to the Judge/Executive and Fiscal Court, to help teens become familiar with the legal and judicial processes, and to learn about decision-making and how to influence public policy. Judge/Executive Gary Moore looks forward to annually meeting with BCYC students to hear their views directly.

In 2009, BCYC joined forces with the YMCA of Greater Cincinnati, RC Durr Branch. This partnership has enabled students to pursue additional leadership opportunities as well as become more actively involved in various activities sponsored by the YMCA.

Students who participate in the BCYC Program have the opportunity to meet the County Judge/Executive, County Administrator, County Attorney, Commonwealth Judicial officers, employees from the Jail and Sheriff’s Department, and several State legislators. The nine-month program begins in August 2010 and includes activities such as an Ice Cream Social, Team-Building and Leadership Exercises at Camp Ernst, tour of the Boone County Jail, activities with the Sheriff’s Department as part of Law Enforcement & Public Safety Day, Local Government Day, a mock zoning presentation and student vote, Justice Day at the local court system, and travel to Frankfort to meet state officials and local legislators. The whirlwind of events concludes with a graduation ceremony at Potter’s Ranch in Union, KY.

If you will be a high school junior and reside in Boone County, you are welcome to apply to become a member of BCYC. There is no cost for this program as BCYC has received financial assistance from Citigroup and the YMCA of Greater Cincinnati as well as staff support from the Boone County Human Services Department.

If you are interested, please email Laura Pleiman, BCYC Coordinator, (lpleiman@boonecountyky.org) or call her at 859/334-3124 for further information. Ms. Pleiman will instruct you on how to apply for the BCYC Program. All applications must be received no later than Friday, June 11, at 4:30 pm.

Transportation Update

There are many active construction projects in Boone County during this summer. Here is a brief update on some of these roads:

- **North Bend Rd. (KY 237) from KY 18 to I-275**
  - Concrete pavement replacement on KY 237 from KY 18 to I-275 is the district’s first priority if Congress passes another stimulus bill according to KY Transportation District 6 Engineer Rob Hans at a recent Fiscal Court meeting. This project has been approved by OKI (Ohio-Kentucky-Indiana Regional Council of Governments) which oversees federal transportation projects in the greater Cincinnati region.

- **Pleasant Valley (KY 237) from US 42 to Rose Petal Dr.**
  - Pleasant Valley Road will be undergoing major construction over the next two years. Eaton Asphalt was awarded the paving project and construction is scheduled to begin soon. Utility relocation needs to occur first before major earth movement. The road will be widened from two lanes to five from US 42 to Rose Petal Drive and include sidewalks on both sides. This project is expected to be finished by fall of 2011.

- **Industrial Rd. (KY 1829)**
  - The estimated $8.1 million project will widen Industrial Road from US 42 in Florence to Turkeyfoot Road in Kenton County. This project is tentatively scheduled for construction to begin late summer/fall 2010.
Congratulations to the Northern Kentucky Medical Reserve Corps and TANK, winners of this year’s Award of Excellence in Public Health. Both groups were recognized for their assistance during the recent swine flu vaccination campaign.

Seventy-four members of the Medical Reserve Corps responded to the swine flu vaccination effort. They functioned in a number of capacities including clerical support, medical screening of clients and vaccine administration.

TANK provided shuttle bus service for four community flu vaccination clinics. Their leadership was quick to join the response efforts, and performed the preliminary work on routes to be taken and coordinated drop-off/pick-up scheduling.

The Northern Kentucky Medical Reserve Corps and TANK were recognized for their assistance during the recent swine flu vaccination campaign.

The Award of Excellence in Public Health is presented each spring to honor those people or organizations in Northern Kentucky who have shown progress toward achieving and maintaining a healthier community.

Cases of whooping cough, also known as pertussis, have dramatically increased in Northern Kentucky in recent years, causing concern over an illness that can be severe for infants under age 1.

Between January and mid April, more than 60 cases of whooping cough have been reported in Northern Kentucky. Our region usually only has 25 cases per year.

A vaccine for whooping cough is given to infants, but it appears that the effectiveness wears off as people get older. Therefore, the Health Department recommends that anyone age 11 to 64 be vaccinated with the Tdap booster shot, which will provide renewed protection against whooping cough. Parents, grandparents and caregivers for children under age 1 are strongly encouraged to get their booster shot.

Parents of young children should make sure that their child has been vaccinated for whooping cough, typically given in a combination shot called DTaP, which includes vaccine for tetanus and diphtheria as well. The vaccine is usually given in four doses, with the first dose at eight weeks of age and the last at 15 to 18 months of age.

The vaccines are available through local doctors’ offices, as well as through the Health Department. For more information, please visit http://www.nkyhealth.org/pertussis.

The Health Department and the community lost a leader and a friend with the death of Steven R. Katkowsky, M.D., District Director of Health. Dr. Katkowsky died of complications related to stomach cancer on March 11.

Dr. Katkowsky was District Director of Health for the Northern Kentucky Health Department from January 2008 until his death. Under his leadership, the Health Department responded to the swine flu (H1N1) pandemic, faced increased demands and leaner budgets due to the state of the national and regional economy, implemented a new payroll system and began the process of becoming an accredited public health department.

Give Your Pertussis Protection a Boost

Whooping cough, also called pertussis, can be dangerous for young children. A child with the bacteria can have severe coughing fits, which can lead to vomiting.

The Northern Kentucky Medical Reserve Corps
and TANK were recognized for their assistance during the recent swine flu vaccination campaign.

Award of Excellence in Public Health
Governor Beshear Signs Landmark Affordability Legislation

On April 14, 2010 Kentucky Governor Steve Beshear signed landmark legislation that requires regulators to consider affordability in Clean Water Act compliance efforts for Kentucky communities and their residents.

While this law does not negate the need for future rate increases, it does require the Kentucky Division of Water (KDOW) to consider the costs of infrastructure improvement projects and the maximization of environmental benefits when negotiating and implementing improvement plans with local communities and U.S. EPA Region 4.

One way that HB 504 addresses the affordability issue is requiring KDOW to consider extending the time required for a sewer utility to make infrastructure improvements, which also would help make compliance with the Clean Water Act more affordable. In addition, the bill supports the use of innovative approaches such as “green” technology to improve water quality, similar to the approach that SD1 is taking in Northern Kentucky, as another way to make these improvements more affordable.

Western Regional Conveyance Tunnel Update

Deep below the ground in Boone County, a 65-ton tunnel boring machine, nicknamed the Celtic Tiger, is drilling a 12-foot-wide path through shale and limestone. When completed, this six-mile-long tunnel will be lined with 8.5 foot diameter pipe and convey wastewater flow from most of Boone County and portions of southern Kenton County to the new Western Regional Water Reclamation Facility. Today, the Celtic Tiger has drilled through more than 3 miles of earth and is halfway to its final destination point.

The completion of this project is a requirement of SD1’s Federal Court Order and is the largest single project in the history of SD1. When completed, the Western Regional projects, including the tunnel, water reclamation facility and various collection system improvements, will significantly reduce the amount of sewage overflowing from the sanitary sewers in this portion of the service area and allow for the removal of at least six pump stations.

WE'RE ON CALL!

Did you know that SD1 has a 24-hour emergency number? If you are experiencing basement back-ups or any other sanitary sewer related issue and it is after regular business hours or on weekends, please contact us at 859/331-6674 before you contact a plumber to let us evaluate whether the problem is on your property or in the District-owned main line. Our on-call employee will investigate the situation. During normal business hours (Monday-Friday, 8 am to 4 pm) please contact us at 859/578-7466.
Union Town Center

At the January City meeting, Ordinance No. 2009-12 was passed which creates an Economic Development Committee (EDC) to further the progress of the Union Town Center. The EDC will serve as a recommending and advisory body for the City Commission. The primary purpose of the Union EDC will be to attract economic opportunities for the Town Center. It will utilize information already obtained from both marketing professionals and County planners in order to provide clear direction for developers regarding design, style, infrastructure within the development, landscape architecture, etc. Per the City ordinance there will be six members who either live or have businesses within the city limits of Union. One Commission member will sit on the committee on an ex-officio basis and report progress to the full commission. There have been two meetings with the following volunteer members: Mark Aulick, Laura Gorman, Steve Harper, Kris Lovett, Chief Michael Morgan, Dr. Bryan Turner, and Commissioner John Mefford.

Union Adopts a Unit

This past March the City of Union partnered with ASA and adopted the HHT, 1/32 CAV, 1BCT, 101st DIV from Ft. Campbell, Kentucky. This unit of 130 men and women was deployed to Afghanistan on April 21 and their tour will last one year. The City held a deployment ceremony in their honor with Boy Scout T-720 conducting the ceremony. On Friday, April 17, we shipped close to a hundred chocolate-covered Girl Scout cookies that were donated by Girl Scout Troop #43. The cookies were much appreciated. The following quote was received just days after they were deployed: “Thank you to everyone in Union, KY. We really do appreciate all of the support and prayers. I don’t think we can voice it enough. It makes a big difference.”

We will be collecting for the next year the following: letters and notes of support and encouragement, hand sanitizer, wet wipes, eye drops, tissues, sugar-free gum, non-perishable snacks, candy (no chocolate that can melt), and monetary donations. All funds collected will be used to cover shipping cost or purchase items needed as no city funds are used for this program.

Our Adopt-a-Unit volunteer committee met for the first time April 13 – committee members are: Kim Voss, Chair; Cindy Pollard, Co-Chair; Mary Kreft, Treasurer; Joan Noakes, Robbie McFerron, Laura Marts, and Karen Franxman, City Events Coordinator. Please check our City’s website for more information, updated needs list and calendar for scheduled meetings.

If you would like more information about how you can donate or volunteer to help, contact Karen Franxman at unioncityevents@insightbb.com

What’s Happening in Union!

2010 has been and will continue to be a year of firsts for the City of Union. We ended 2009 with our first Tree Lighting event on December 5 at the City Building. Everyone that attended had a great time; we also had our first community ornament for sale. (Didn’t buy your ornament? Call 384-1511.)

In January, we partnered with Perfect North Slopes to offer a great discount deal for our residents (and those around us). This program was such a success it will be available again in 2010 by opening day for Perfect North.

We found out that our residents love pancakes and sausage! On March 27 we held our first Pancake Breakfast and Easter Egg Hunt. Our citizens ate approximately 400 pancakes and sausages. During our Easter Egg Hunt 1000 plastic eggs with candy, gifts and coupons were consumed in just minutes.

On Good Friday the City partnered with Union Emergency Service to bring back a long time tradition of the Good Friday Fish Fry. This was a great opportunity for our new residents to get a taste of an old Union tradition.

UPCOMING EVENTS!

June – Movie Nights at the Union Community Building (Old Firehouse), Friday, June 4, 18 & 25

Friday, July 2nd from 6 pm to 10:30-11 pm – Fireworks at approximately 9:30. Enjoy the 113th Army Band – Dragoons – the oldest military band in the US along with other musical entertainment and activities.

Saturday, July 17 – Come join Union for our first Annual “Beach Blast.” Dance in the sand to live music – Underpaid Unplugged at 3 pm and The Conch Republic at 7 pm. This event is open to the public – but don’t be left without a Tail Gate Space!

Check the City’s website for detailed information about these events: www.cityofunionky.org
**FLORENCE FREEDOM BASEBALL**  Currently-September 5
The eighth season of the Florence Freedom is underway. The baseball team plays its home games at Champion Window Field (off of Freedom Way). Call 594-4487 or go to www.florencefreedom.com.

**MEMORIAL DAY PARADE & PROGRAM**  Monday, May 31
The City of Florence will hold its annual Memorial Day Parade & Program on Monday, May 31. The parade begins at 10 am at Boone County High School (Burlington Pike/KY 18) and ends at the Boone County Veterans Memorial, located on the campus of the Florence Government Center (8100 Ewing Boulevard). The City will recognize LCPL Adam Peak, Sgt. Anthony Campbell, and CPL Tyler Warndorf and has invited each family to attend who will place pavers in their names near the Memorial. Parade registration forms are available at the Government Center or download it from the City’s webpage at www.florence-ky.gov. The memorial service begins at 11am at the Boone County Veterans Memorial. Call 647-5439 or go to the City’s Activity Guide at www.florence-ky.gov.

**FAMILY AQUATIC CENTER**  May 29 - August 22
The Florence Family Aquatic Center, located on the campus of the Florence Government Center (8200 Ewing Boulevard), opens its gates on Saturday, May 29. The facility is open from 11 am-7 pm, Sunday-Saturday (closed on Monday, July 26 for the Northern Kentucky Swim League All-Star Meet). Admission is available through the purchase of a season membership or by paying a daily rate. **NEW**-Gift cards available in amounts of $25 and can be used for admission, concessions, programs and rentals. For more information, call 647-4619, 647-5439, or go to the City’s Activity Guide, www.florence-ky.gov.

**TENNIS CLINICS**  Summer Session 1: June 7-July 10; Summer Session 2: July 12-August 19; Fall Session: August 30-October 17
Tennis Clinics are held at Lincoln Woods courts. Registration forms are sent through schools and are available in the lobby of the Florence Government Center (8100 Ewing Boulevard) or on the City’s webpage at www.florence-ky.gov. Register for clinics directly through instructor Tim Mitchell at 513/328-8811 or at 513/541-9811 (class days, times, fees, etc.). Call 647-5439 or go to the City’s Activity Guide at www.florence-ky.gov.

**SWIM LESSONS**  Session 1: June 7-17; Session 2: June 21-July 1; Session 3: July 12-22; Session 4: July 27-August 6
Swim lessons are held for 30 minutes, four days a week for two weeks for children ages 3 and older at the Florence Family Aquatic Center. Fee is $40 for members and $60 for non-members. Day and evening classes available. Registration forms are available at the Family Aquatic Center, in the lobby of the Florence Government Center (8100 Ewing Boulevard) or on the City’s webpage at www.florence-ky.gov. Call 647-5439 or go to the City’s Activity Guide at www.florence-ky.gov.

**CSI CAMP**  June 7-11
The Florence Police Department will hold its annual CSI class the week of June 7-11 from 9 am-3 pm at the Evelyn Kalb Gathering House at the Florence Nature Park off of Banklick Street. Call 647-5420 or go to the City’s Activity Guide at www.florence-ky.gov.

**AMERICANS SUPPORTING AMERICANS**  Ongoing
The City of Florence re-established its relationship with B Company of the 101st Airborne Division, 2nd Brigade 502nd Infantry Unit out of Ft. Campbell, Kentucky as our adopted military unit through Americans Supporting Americans program. The 502nd consists of 134 male soldiers and is due to be deployed to Afghanistan for 12 months late in the spring of 2010. The City continues to facilitate a community effort to support this unit by accepting donated items. Visit our website for a list of needed items. Cash donations are also welcome for the purchase of specifically requested items. The Wal-Mart on Houston Road pays for the City’s shipping costs. Those who would like to participate may also send cards, letters, and pictures to the City for our military unit. Donations can be dropped off at the Administrative offices of the Florence Government Center (8100 Ewing Boulevard), Florence, Kentucky. Call 647-8177 or go to www.florence-ky.gov.

**RECYCLING PROGRAM**  Ongoing
The City of Florence offers a voluntary subscription recycling program for Florence residents through Rumpke. Call 1-877-786-7537, 647-5416, or go to www.florence-ky.gov.
**City of Florence Upcoming Events: SUMMER 2010**

**SKYHAWK SPORTS CAMPS**  June 14-18; July 12-16  
Skyhawk's staff will conduct sports camps for children ages 3-12 on June 14-18 and July 12-16 at Orleans Park, including flag football, baseball, basketball, soccer, and volleyball. Registration forms will be sent through the schools and are also available in the lobby of the Florence Government Center (8100 Ewing Boulevard) and at www.florence-ky.gov. Call 866/849-9936 or go to www.skyhawks.com.

**NEIGHBORHOOD NIGHT OUT EVENTS**  June 15, July 13, August 3, August 24, September 14  
The City of Florence will hold the first of five Neighborhood Night Out events on Tuesday, June 15 from 5-7 pm at Seven Hills Church campus (6800 Hazel Court). Meet city officials and councilmembers, enjoy refreshments, and also learn about City Departments as well as current and future City projects. The remaining Night Out dates are: July 13 (N. Dilcrest cul-de-sac); August 3 (RA Jones Middle School/ Collins Elementary School campus); August 24 (Orleans Park); & September 14 (Florence Government Center). Call 647-5420 or go to the City’s Activity Guide at www.florence-ky.gov.

**INDEPENDENCE DAY CELEBRATION**  July 3  
The City of Florence will celebrate the nation’s birthday on Saturday, July 3 beginning at 4 pm (rain date is Sunday, July 4 at 7 pm) on the campus of the Florence Government Center (8100 Ewing Boulevard). Cruise-in, food, kids’ zone, music, raffle, rides, wellness expo, and fireworks at 10 pm. Call 647-5439 or go to the City’s Activity Guide at www.florence-ky.gov.

**SAFE SITTER BABYSITTING CLASSES**  August 14  
The City of Florence holds Safe Sitter babysitting classes throughout the year from 9 am-4 pm at the Evelyn Kalb Gathering House at the Florence Nature Park (Banklick Street). Fee is $40 and students must bring a lunch and drink. Class limit: 10. Call 647-5439 or go to the City’s Activity Guide at www.florence-ky.gov.

**POLICE MEMORABILIA/TRADING SHOW**  September 4  
The Florence Police Department will hold a Memorabilia/Trading Show on Saturday, September 4 from 8:30 am-3:30 pm in the Community Rooms of the Florence Government Center (8100 Ewing Boulevard). Call 647-5420 or go to the City’s Activity Guide at www.florence-ky.gov.

**LAW DAY PARADE**  September 5  
The City of Florence will hold its annual Labor Day Parade on Sunday, September 5 beginning at 2 pm (Ewing Boulevard to Burlington Pike/KY 18 to Turfway Road). Theme: World Equestrian Games. Registration forms are available in the lobby of the Florence Government Center (8100 Ewing Boulevard) or online. Call 647-5439 or go to the City’s Activity Guide at www.florence-ky.gov.

**SAFETY FAIR**  September 11  
The Florence Police and Fire/EMS Departments will hold the annual Safety Fair on Saturday, September 11 from 10 am-2 pm at the Wal-Mart off of Houston Road (7625 Doering Drive). Call 647-5420 or go to the City’s Activity Guide at www.florence-ky.gov.

**POOCH FEST**  September 18  
The City of Florence will hold its annual Pooch Fest on Saturday, September 18 beginning at 10 am at the north end of the Florence Government Center (8100 Ewing Boulevard). Activities include Best in Parade, Best in Show, obstacle course, owner look-a-like, and tricks; Fee is $5 per dog. Registration forms for contestants and vendors are available in the lobby of the Florence Government Center or online. Call 647-5439 or go to the City’s Activity Guide at www.florence-ky.gov.
Let's Go Outside and Play!

When you think back to your own childhood, chances are some of your fondest memories are of outdoor places and activities. Memories might include climbing your favorite tree or a secret hiding place, learning to turn cartwheels with a friend, or playing tag. Maybe there was the smell of honeysuckle, the feel of the cool grass on your bare feet or the sound of your mom calling you inside at dinnertime. When we show an appreciation for the great outdoors, the children in our lives will follow our lead.

Outdoor play is essential for a young child’s development. From birth children learn a great deal through their senses. Think of the hours of rocking, peek-a-boo and everything they find going straight to their mouth. When we go outside there are so many different and wonderful things for children to see (trees, animals and birds), to hear (the wind rustling through the leaves, birds chirping), to smell (flowers, the rain) to touch (a fuzzy caterpillar or the bark of a tree), and even to taste (newly fallen snow or a raindrop on the tongue). Children who spend a lot of time getting their experiences through television and computers are using only two senses (hearing and sight), which can seri-

In a survey of Boone County parents with children ages three or four, more than a third of parents said their preschooler spends at least two hours every day watching television, playing in a room where children’s programming is on television, playing video games and playing on the computer.

Even the folks at Sesame Street agree. Rosemarie Truglio, a Sesame Workshop vice president explained in an Associated Press article that episodes of this year’s “Sesame Street” will focus on nature because preschoolers’ lack of connection with the outside is also of critical concern. “Children have that sense of awe and wonder,” Truglio says. “We need to have parents encourage them to be outside and to engage in activities so that they are using their senses.”

The Importance of Outdoor Play

The outdoors is the best place for preschoolers to practice and master emerging physical skills. It is in the outdoors that children can fully and freely experience motor skills like running, leaping and jumping. It is also the perfect place to practice skills like throwing, catching and striking. And children can perform other such manipulative skills as pushing a swing, pulling a wagon and lifting and carrying movable objects.

Additionally, it is in the outdoors that children are likely to burn the most calories, which helps prevent obesity, a heart disease risk factor that has doubled in the past decade. With studies showing that as many as half of American children are not getting enough exercise — and that risk factors like hypertension and arteriosclerosis are showing up at age 5 — parents and teachers need to give serious consideration to ways in which to prevent such health problems. The outside is also important because the outdoor light stimulates the pineal gland, the part of the brain that regulates the “biological clock,” is vital to the immune system, and makes us feel happier.

Outdoor Play Contributes to Learning

The outdoors has something more to offer than just physical benefits. Cognitive, social and emotional development are impacted, too. Outside, children are more likely to invent games, express themselves and learn about the world in their own way. They feel safe and in control, which promotes autonomy, decision-making, and organizational skills. Inventing rules for games (as preschoolers like to do) promotes an understanding of why rules are necessary. Even though it seems like children are only playing to have fun, they’re learning also. They learn communication skills and vocabulary as they invent, modify, and enforce rules. They are learning about number relationships as they keep score and count and socially they are learning how to play together and cooperate.

Finally, what better place than the outdoors for children to be loud and messy and active? Outside they can run and jump and yell and expend some of the energy that is not as acceptable indoors.

Boone County has 13 parks with nearly 1,000 acres for you to explore and play with your family. When you may not have time to make it to the park, a 15-minute walk or throwing a blanket out in your yard will create fond memories for both you and your children.
Bring Your Kids to the Library for Fun This Summer
They’ll Never Know It’s Really to Keep Their Reading Skills Sharp!

While Boone County Public Library’s summer reading program encourages reading for the fun of it, studies about summer learning show that more than just fun happens when children participate in library programs. One study, conducted by Jimmy Kim at Harvard’s Center for Evaluation, found that reading four or five books over the summer months had a positive impact on fall reading achievement, comparable to attending summer school.

To get started, pick up reading logs for your children, teens and yourself, beginning June 1, at any of BCPL’s six locations. Children and teens use their reading logs to record the time they read (or are read to) and can earn a free book and other cool prizes. Reading logs turned in by August 9 will be entered in the end-of-summer prize drawings.

Throughout the summer families can enjoy free programs at the library that are sure to fuel imaginations and encourage lifelong learning. Look for performances by the Wulfe Bros., Space Painter Tom Sparough, Bright Star Children’s Theater and more.

Pick up reading logs for your children, teens and yourself, beginning June 1 at any BCPL location.

Live @ the Library
sponsored by WNKR, 106.7 FM

The summer line-up of free concerts at the library is an exciting one! Celtic music, folk, pop, bluegrass and country! You won’t want to miss Emily Portman’s portrayal of Loretta Lynn at the Main Library on Friday, June 18.

The Cincinnati Harpers’ Robin
Celtic/Harps
Sunday, June 13, 2 pm
Florence Branch

The Tadcasters
Bluegrass
Friday, July 9, 7 pm
Main Library

Velvet Soul
Pop
Friday, July 16, 7 pm
Main Library

One Iota
Bluegrass
Friday, August 27, 7 pm
Main Library

Emily Portman as Loretta Lynn
Country
Friday, June 18
7 pm
Main Library

Upriver
Bluegrass
Sunday, August 29, 2 pm
Florence Branch
CEO’s Corner
John C. Mok, CVG CEO, Answers Frequently Asked Questions

Q Why has the Airport allowed Delta to reduce air service?
A The decision to start, increase, reduce or stop air service at an airport is an airline business decision. Airlines do not fly to airports, they fly to communities. Airlines will schedule flights where there is passenger demand. Community support is critical to maintaining a robust flight schedule.

Q What is the Airport doing to increase service and attract new carriers?
A The Airport Board is working aggressively with elected officials and the local community to increase air service at CVG from existing carriers and attract new entrants. Of the many air carriers that we have presented a business case to, none have denied that there is suppressed demand and revenue opportunity available at CVG. Additionally, we are also pursuing opportunities with our business partners to create incentives that will bring new air service to our region.

Q Why is it taking so long for new carriers to start service at CVG?
A Air Canada will be starting new service between CVG and Toronto on May 17, 2010. They were the first to recognize the pent-up demand in our region. American, United and USAirways have also increased service and/or announced new service at CVG moving into the summer months.

There are other carriers that have communicated their interest in starting new service at CVG, but factors outside the Airport’s control are delaying these new entrants. The most significant factor to overcome is the shortage of spare aircraft to deploy to CVG. Domestic carriers have collectively reduced seat capacity to the level offered in 1991, essentially stripping out of the air two decades of capacity expansion. Until we see a sustained economic recovery, airlines are reluctant to grow their fleet size and aircraft availability will remain constrained. Nonetheless, CVG will continue to execute an air service business-development agenda to obtain air service for our community.

Q What can the community do to help increase air service at CVG?
A Local passengers should first look at CVG as an airport of choice for their travel plans. If CVG fits their needs, then we urge travelers to park at our facilities and shop in our terminals. Our business relationship with the airlines is straightforward. For each non-aeronautical dollar earned it is one less dollar the airlines have to pay to operate at CVG. Thus, the more successful our non-aeronautical businesses are, such as parking, terminal concessions and rental cars, the lower the cost of doing business for an airline and the more attractive CVG becomes for a new entrant to commence air service.

Stay tuned for a new customer loyalty program with airline mile rewards to be introduced later this year.

John C. Mok