Regular events:

- Board of Health meetings — second Wednesday of each month at 3:00 p.m. at the Health Department.
- District Advisory Council — 7:00 p.m. at the Fairfield County Courthouse.
- Environmental Review Committee (ERC) meetings — each month beginning at 9:00 a.m. at the Health Department. ERC meetings are a public forum for discussing issues regarding Environmental programs.
- Immunization Clinics — Tuesdays by appointment, at the Health Department. Late clinics on first and third Tuesdays.

What’s something that’s very important to you? Raising healthy, happy children. My children and family are my everything!

One thing I want people to know about me? I love competitive cooking shows (Top Chef) and watch (addictively) The Bachelor and The Bachelorette.

Why this job? I love working with children and families, and this position gives me the opportunity to do that while learning about public health, WIC, and ways to support a population in need.

If you could go anywhere, where would it be? I would hop on a plane and fly to Clearwater Beach, FL! Love this place!!

March is National Nutrition Month!

Black Bean Sliders

Ingredients

2 cans black beans, drained and rinsed
2 carrots, finely chopped
1/2 cup finely chopped red onion
1/2 cup seasoned breadcrumbs
1 egg, beaten
2 teaspoons chili powder
1/4 teaspoon salt
1/4 teaspoon pepper

Directions

- Place 1 1/2 cups of the black beans into a large bowl and mash well using a fork or a potato masher. Add in the remaining black beans and the rest of the ingredients and mix very well.
- Scoop 1/4 cup out at a time and form into a patty. Repeat for the remaining patties.
- Heat a non-stick skillet over medium heat. Spray the skillet with either cooking spray or a teaspoon of oil. Place the patties a few at a time into the skillet and cook until browned on each side, about 2 to 3 minutes per side.
- Remove from skillet and enjoy as is, or on slider buns with various toppings.

Recipe source: eatright, Academy of Nutrition and Dietetics (www.eatright.org)
Healthy and Safe Swimming Week is May 23-29. Learn what the Health Department does to regulate local pools!

The Fairfield Department of Health (FDH) places a high priority on keeping individuals safe from potential water borne illness or injury, specifically as it relates to public swimming facilities.

Why We Do...
“Public” means a pool that serves anything other than a private home and includes municipal pools as well as pools at apartment complexes, condominium complexes, and exercise facilities. Hazards in public swimming facilities can lead to water borne illnesses such as cryptosporidiosis, injury from slips, trips and falls, or even death by drowning. As well as being a Registered Sanitarian, the FDH inspector who performs pool inspections is a Certified Pool Operator through the National Swimming Pool Foundation.

What We Do...
By instituting a blend of education, consultation and inspection, the FDH sanitarian helps to ensure that the public pools in our health district are safe for swimming year round. The inspector also works closely with public pool operators to help them maintain their facilities in the safest possible manner.

Inspections
Public Swimming Pools and Spas are inspected following the Ohio Administrative Code (OAC) 3701-31. Some of the items examined during those inspections include:

- Performing water chemistry tests to ensure proper levels of disinfectant, pH, and other water chemistry parameters.
- Reviewing facility records to ensure that operators are checking water chemistry as often as necessary and are appropriately responding to accidents that may occur.
- Ensuring lifeguards are properly trained and are present where required.
- Checking the facility’s emergency phone to make sure it is operable.
- Ensuring that the proper safety equipment is in place around the pool deck.

Beware the Germs!

- Cryptosporidium, norovirus, and E. coli
- These germs cause outbreaks of diarrhea
- These germs—sometimes millions at a time—can spread when someone who is sick has diarrhea in the water. Other people can get sick if they swallow the germy water—even just a mouthful.
- Pool chemicals, like chlorine or bromine, are added to the water to kill germs. But they don’t work right away. If used properly, they can kill most germs within a few minutes. However, some germs, like Crypto, can live in properly treated pool water for several days.

—from “Share the Fun, Not the Germs,” Centers for Disease Control and Prevention (CDC)