

# Kerr County Newsletter

Vol. 2, No. 6

June 1, 2015

**Finish Strong!**

## June Calendar of Events:

- Every Saturday Crider's Rodeo & Dance Hall
- Kerrville Folk Festival @ Quiet Valley Ranch through June 7<sup>th</sup>
- Southwest Gourd Fine Art Show @ Kerr Arts & Cultural Center through June 28<sup>th</sup>
- 5<sup>th</sup>: 1<sup>st</sup> Friday Wine Share and Shakespeare in the Park @ Cailloux Theater Lawn
- 6<sup>th</sup> – 7<sup>th</sup>: Chalk Festival on the Plaza (Downtown Kerrville)
- 8<sup>th</sup>: Commissioners Court
- 12<sup>th</sup>: Movies in the Park @ Kerrville-Schreiner Park Amphitheater "Mary Poppins"
- 13<sup>th</sup>: National Get Outdoors Day & Grand Re-opening of Louise Hays Park & River Trail
- 14<sup>th</sup>: Flag Day
- 20<sup>th</sup>: Kerrville Skate Competition @ Singing Wind Park
- 21<sup>st</sup>: Father's Day
- 21<sup>st</sup>: Summer Solstice (First Day of Summer)
- 22<sup>nd</sup>: Commissioners Court
- 22<sup>nd</sup>: 4<sup>th</sup> Annual Salvation Army Boys & Girls Club Golf Tournament @ Comanche Trace
- 26<sup>th</sup> – 27<sup>th</sup>: American Red Brangus National JR Show @ HCYEC

**Happy Birthday to all Kerr County Employees celebrating a June Birthday!**

## SONIC BOOM SPRING CHALLENGE

**2015 Spring Challenge: March 23 - ~~May 29~~ June 5**

The **Step Up, Spring Forward** challenge is a 10-week physical activity Challenge. This challenge replaces the Sonic Boom 8-week challenge.

**Achieve a minimum of 30 minutes of physical activity at least four days per week during the challenge, and earn a \$30 Visa gift card!**

Physical activity is anything that makes you move your body and burn calories. Gift cards will be mailed to HR at the end of the challenge. Log in to your Sonic Boom account to track your progress!



## Register for the TAC Healthy County 5-A-Day Challenge by June 24!

This year's 5-A-Day Challenge will run from June 29 - July 17. This three week challenge focuses on increasing fruit and vegetable consumption to at least five servings per day. During this challenge, you will be entered into a weekly drawing each week that you reach the goal of at least five servings each day during the week. Three lucky winners will be drawn each week from participants submitting their progress. Visit the 5-A-Day website to register for the challenge, get details and to submit your weekly progress:

Go to [www.mybenefits.county.org](http://www.mybenefits.county.org), select "Get Connected";

Select the "Sonic Boom" link;

Select the "Wellness Incentives" tab on the left side of your personal dashboard; and Use the "Fruit & Veggie Tracker" to enter the five fruits and vegetables you eat each day during the challenge and watch the progress bar fill up as you reach your goal each day! Don't want to participate online? You can participate in the paper-based version by completing an online form by June 24<sup>th</sup>.

Go to [www.county.org](http://www.county.org), select the "Pool and Risk Services" tab at the top of the page; Select Healthy County under that tab then scroll down and select 5-A-Day-Challenge The instructions for paper based tracking is at the bottom of the page.



## Summer Solstice

*The first day of the summer season is the day of the year when the Sun is farthest north. June 21<sup>st</sup> is Summer Solstice and will be the longest day of the year. So get outside and do something fun!*

## June National Awareness Month

- AIDS Awareness Month
- ALS Lou Gehrig's Disease Awareness Month
- Aphasia Awareness Month
- Children's Awareness Month
- Fireworks Safety Month
- Gay and Lesbian Pride Month
- Myasthenia Gravis Awareness Month
- Scleroderma Awareness Month
- Student Safety Month
- Vision Research Month

## Did you know...



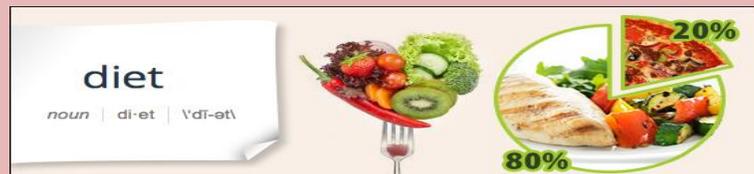
Both President Wilson, in 1916, and President Coolidge, in 1927, issued proclamations asking for June 14th to be observed as the National Flag Day. But it wasn't until August 3, 1949, that Congress approved the national observance, and President Harry Truman signed it into law.

### The Four Letter Word People Hate Most...

#### DIET!

Some people think the word means restricted eating for weight loss, which it can, but that's not the primary meaning. Your DIET refers to anything and everything you consume, regardless of your calorie focus or weight goals.

A healthy DIET is all about lifestyle. It means you're making sensible choices about what you put into your body: the types of food, the amount of food, etc. There are a lot of health risks associated with obesity (and with being underweight). So being mindful of how your eating habits affect your weight is a good thing. It does not mean you need to be restrictive or obsessive. If you follow an 80/20 rule: making smart choices the majority of the time and loosening up the reins the other 20 percent, you will be consuming a healthy diet. It's possible to eat well and enjoy your food at the same time; to be conscious of your diet without counting every calorie. Be smart and find better-for-you ways to enjoy the foods you crave without sacrificing portion size.



### Garlic-Herb Grilled Corn

#### Ingredients:

6 medium yellow corn on the cob, in husk  
3 spray(s) cooking spray  
1 T regular butter  
1 T olive oil  
1T fresh thyme, chopped  
1tsp minced garlic  
tsp table salt  
¼ cup fresh parsley, chopped



#### Directions:

In a large pot filled with cold water, add unshucked ears of corn; soak for 10 min. Preheat grill or stove-top grill pan. Remove corn from pot; pull back husks (leave attached to corn) remove as much of silk as possible. Coat kernels with ½ cooking spray; cover corn with husks. Grill corn, turning every few min., until husks are blackened and charred and corn is tender, about 15 to 20 min. Meanwhile, melt butter in a small microwave safe bowl. Stir in oil, thyme, garlic and salt. To serve, pull back husks to expose corn and use husks as handles. Place on plate and brush butter mixture over corn; sprinkle with parsley. Yields 1 ear per serving.

4 Weight Watcher Points Plus Value per serving