Kerr County Newsletter

Vol. 2, No. 7 July 1, 2015

July Calendar of Events:

- Every Saturday Crider's Rodeo & Dance Hall
- 3rd: County Holiday
- 3rd: 1st Friday Wine Share @ River's Edge Gallery
- 4th: Independence Day
- 4th: Unveiling of War Memorial Panels @ Kerr County Courthouse
- 4th: Hill Country Auto Clubs Open Car Show @ Kerr County Courthouse
- 4th: 4th on the River @ Louise Hays Park
- 10th – 25th: "James and the Giant Peach" @ Hill Country Arts Foundation in Ingram
- 10th 0 25th: "The Pirates of Penzance" @ The Cailloux Theater
- 12th: Allen-Faris Goat Sale @ HCYEC
- 12th: Sunday Summer Serenade @ Louise Hays Park
- 13th: Commissioners Court
- 14th: Family Nature Night "Dinos in the Hills!" @ Riverside Nature Center
- 16th: Chamber Mixer @ PRMC
- 17th – 19th: 4-H Steer & Heifer Show & Clinic @ HCYEC
- 17th: Movies in the Park @ Kerrville-Schreiner Park Amphitheater "Planes"
- 18th: HLRS Goat Sale @ HCYEC
- 18th – 19th: Texas Gun & Knife Show @ HCYEC
- 25th: UGRA River Clean-Up
- 27th: Commissioners Court

Happy Birthday to all Kerr County Employees celebrating a July Birthday!

SONIC BOOM COUNTY VS. COUNTY CHALLENGE

Didn't get started in time for the Step Up, Spring Forward Challenge earlier this year? Not to fret! There will be another 10 week challenge August 17 to October 23. If you have a Sonic Pebble (or Ped) you can compete against other Texas counties to see which county can achieve the most steps during the 10 week challenge. Winning counties get bragging rights, and individual participants can earn a $30 Visa Gift Card by achieving a minimum of 30 minutes of activity at least four days per week during the 10-week challenge. Stay tuned for more information on County vs. County!

Mid-Year Resoulutions

Have you been able to stick with your New Year Resolution(s)? If not, you don't have to wait until January 1st, start over with a Mid-Year Resolution.

Here are some problems and resolutions to consider:

Mid-Year Problem: You're not meeting your weight-loss/weight-management goals, and you have NO CLUE why.

Mid-Year Resolution: The easiest way to get to the bottom of a weight plateau or weight gain is by carefully tracking your food intake. Keep a food journal, either online or pen and paper, and write down EVERYTHING you put in your mouth (food and beverage). Every bite counts. At the end of each week, review your journal and look for patterns. Maybe you'll notice that you make smart choices for most of the day, but your dietary decisions go downhill during idle evenings at home. Or maybe you'll see that the numbers on the scale always creep up after a week of frequent dining out. From chronic snacking to drive-thru temptation, we all have our weaknesses. Find yours, and fight back!

Mid-Year Problem: You have good intentions, but the contents of your fridge get the best of you.

Mid-Year Resolution: Give your fridge a makeover and commit to the upkeep. It's time to unjunk your food stash. Phase out the bad-for-you eats, and replace them with smart swaps…If it's not there, you can't eat it.

Mid-Year Problem: You want to be more physically active, but a gym membership/routine isn't realistic for you and your schedule.

Mid-Year Resolution: Every-little-bit-counts, so say goodbye to the all-or-nothing mentality. Make a low key plan you can stick to. Use your sonic boom ped and commit to a daily step goal. Find a half hour fitness DVD you like and aim to work out with it three times a week (even if you only do it twice, that's better than nothing!)

Mid-Year Problem: You are stuck in a food rut.

Mid-Year Resolution: Try at least one new thing in the kitchen each week. Boredom is one of the biggest reasons that people throw in the towel when they are trying to lose weight. Healthy food doesn't need to be boring! If you love chicken but are sick of plain grilled cutlets, find ways to change it up (stuff it, spice it up, slow cook it). Enjoy oatmeal in the morning but tired of the same ol' oats? Add some fresh or dried fruit, nuts, extracts, unsweetened cocoa, or mini semi-sweet chocolate chips!

July National Awareness Month

- Eye Injury Prevention Month
- French-American Heritage Month
- Group B Strep Awareness Month
- Purposeful Parenting Month
- Recreation & Parks Month
- Tickling Month

Did you know…

Accidental eye injury is one of the leading causes of visual impairment in the US. Approximately one million eye injuries occur each year in the U.S. Ninety percent of these injuries are preventable! The leading cause of eye injuries include sports accidents, consumer fireworks, household chemicals and battery acid as well as workshop and yard debris. Be sure to wear protective eye wear!

Stay on track during summer cookouts

It is possible to enjoy a summer holiday party without wrecking your diet!

1. Stay Hydrated – it's easy to mistake thirst for hunger. Drink plenty of water during the day.
2. Bring your own healthy dish to the party – this way, you know there will be at least one healthy option to fill up on.
3. Hit the Grill – Grilled food is a healthier option as long as it's not drowned in oil beforehand.
4. Cool off with smart frozen treats – stick to fruit pops and fruit bars instead of standard ice cream treats.
5. Resist the mayo-laden side dishes – even a seemingly reasonable 2/3 cup serving of potato salad has an average of 300 calories and nearly 20 g of fat.
6. Get physical – Is there a volleyball game going on? Frisbee? Get in on the action. You'll have fun and burn off some extra calories.
7. Enjoy – The more time you spend having fun with friends and family (and not standing in front of the food spread), the less time you'll spend thinking about eating.

Grilled Cinnamon Peaches

Ingredients:

3 Sprays butter flavor cooking spray
½ tsp ground cinnamon
4 large peaches, peeled, halved & pitted

Yields 2 servings; 2 PointsPlus Points

Directions:

Off heat, lightly coat grill grate with cooking spray; preheat grill to med-high heat.
Sprinkle cinnamon evenly over cut sides of peaches; lightly coat with cooking spray.
Place peaches on grill, cut side down. Grill until browned and slightly softened, about 5 min. (For best results, do not move the peaches during grilling; this will ensure the attractive grill marks and keep the peaches from sticking to the grill)
Turn the peaches over and grill on Other side for about 3 min. more; serve warm.

JOIN KERR COUNTY FOR JULY 4TH

AT THE KERR COUNTY COURT HOUSE

SATURDAY JULY 4TH, 2015

11AM TO 12PM

700 Main Street Kerrville

PLEASE JOIN US FOR THE UNVEILING OF THE

NEW PANELS OF THE

WAR MEMORIAL MONUMENT

LISTEN TO WONDERFUL YOUNG MILITARY SPEAKERS

ENJOY PATRIOTIC MUSIC

&

LISTEN TO OUR KERR COUNTY JUDGE POLLARD

TALK A LITTLE ABOUT FORMER JUDGE TINLEY

AND HIS VISION HE HAD FOR THE WAR MEMORIAL MONUMENT

AND …OUR LAYING OF THE WREATHS

This event is in conjunction with the Dieter Center and their annual car show.

COME OUT AND ENJOY THE 4TH OF JULY WITH KERR COUNTY

AND

OUR KERR COUNTY VETERANS

THIS IS OUR RE SCHEDULED MEMORIAL DAY EVENT

CONGRATULATIONS KERR COUNTY!

During the May 26, 2015 Commissioners Court, Terry Lyle from the District Clerk's office was recognized for an award she received at the GCAT Conference earlier in the year. Terry was presented with The Becky Sirmans award. This award goes to an individual -- to the individuals or programs selected for finding a way to succeed in spite of seemingly insurmountable obstacles and challenges embodying the spirit to never give up. Terry collected one major court fine of $10,350 for Kerr County which put her in the running for this award.

During the TAC County Investment Academy Level Two Conference in June, Commissioner Bob Reeves and Assistant County Auditor, James Robles, were awarded with plaques for completion of the County Investment Academy earlier in the year. Completion of the basics course qualifies attendees for membership in the County Investment Academy.

James Robles receiving his plaque
Bob Reeves not pictured

On June 22, 2015 in Commissioners Court, Kerr County was presented with the Gold Star Safety Award again this year for the 3rd year in a row! Only 11 Texas counties out of 254 received the TAC 2014 Gold Star Safety Award this year, which is reserved for counties with the highest degree of safety commitment and success.

Pictured from left to right: Commissioner Baldwin, Commissioner Moser, Larry Boccaccio, TAC Risk Control Consultant, Judge Pollard, Commissioner Letz