Kerr County Newsletter

Vol. 2, No. 8 July 31, 2015

August Calendar of Events:

- Every Saturday Crider's Rodeo & Dance Hall
- 7th: 1st Friday Wine Share @ River Hills Mall
- 10th: Commissioners Court
- 14th: Movies in the Park @ Kerrville-Schreiner Park Amphitheater "The Lego Movie"
- 15th & 16th: Kerr County Celtic Festival & Scottish Highland Games
- 15th: 20th Annual Kerrville Kids Off-road Triathalon @ Singing Wind Park
- 15th: Open Car Show on the Guadalupe @ Roddy Tree
- 24th: Commissioners Court
- 30th: Family Free Day at Museum of Western Art

Happy Birthday to all Kerr County Employees celebrating an August 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!

CONGRATULATIONS SONIC BOOM WINNERS

Congratulations to everyone that participated and completed the last challenge. If you achieved a minimum of 30 mintues of physical activity at least 4 days per week for 10 weeks, you will be receiving a $30 Visa Gift Card at next week's open enrollment!

Kerr County's Top winners were presented with a plaque and gift certificates at a Special Commissioners Court held on Friday, July 31st. See photo's on page #3!

CONGRATULATIONS TO OUR TOP MALE AND FEMALE WINNERS IN TWO CATEGORIES. THEY RECEIVED CERTIFICATES AND ACADEMY GIFT CARDS FOR THEIR ACHEIVEMENT:

MOST STEPS:

1. **Lynn Whiten – 1,270,692 steps (equivalent to approx. 635.35 miles)**
2. **Joanne Moore – 1,067,670 steps (equivalent to approx.. 533.84 miles)**

MOST TIME:

1. Beverly Doubrava – 15,053 minutes (equal to 250.9 hours)
2. Joe Biermann – 13,726 minutes (equal to 228.8 hours)

Way to go! All this fitness makes for healthy county employees and not only reduces your health care costs but ultimately can help reduce the County's Healthcare Costs, too! Keep up the good work and let's see how we compare to other counties in this month's challenge!

Open Enrollment & Blood Drive

Kerr County Blood Drive will be held at the Courthouse on Wednesday, August 5th from 11:30am – 5:30pm. HEB gift cards will be given to those that donate while supplies last.

Kerr County Open Enrollment will be held at the Sheriff's Office Annex on Thursday, August 6th and at the Courthouse in the District Courtroom, 2nd Floor on Friday, August 7th. Be sure to sign up for the location and time you can attend. If you are unable to attend on either day, contact HR to make special arrangements to complete the Open Enrollment Process.

August National Awareness Month

- Amblyopia Awareness Month
- Cataract Awareness Month
- Immunization Awareness Month
- Psoriasis Awareness Month
- Spinal Muscular Atrophy Awareness Month

Did you know…

Eat right to protect your sight…
You've heard carrots are good for your eyes. But eating a diet rich in fruits and vegetables, particularly dark leafy greens such as spinach, kale, or collard greens is important for keeping your eyes healthy, too. Research has also shown there are eye health benefits from eating fish high in omega-3 fatty acids, such as salmon, tuna, and halibut. (source National Eye Institute)

Traveling this Summer?

Here are some tips for healthy travel from Blue Cross Blue Shield.

Illness is not in anyone's vacation plan, but traveling in good health requires some advance planning.

1. When in doubt about the water, avoid ice and stick to bottled or canned beverages.
2. If the food is questionable, stick to meals that are freshly cooked. Also, don't eat fresh fruits and veggies unless you wash and peel them yourself.
3. If you take any prescription or over-the-countyer meds, pack more than you think you will need. Also, ask your doctor for an extra prescription in case you need a refill. Be sure to carry all your medications with you in your purse or carry-on bag.
4. Remember to bring an extra prescription for your contacts or eyeglasses in case of damage. You can also bring along a spare pair.
5. Sunscreen, insect repellant and diarrhea medications are good to have when traveling; and
6. If you have a chronic medical condition, get a medic alert bracelet or carry a letter that explains your condition.

Strawberry Lemonade

Ingredients

2 cups lemon juice
2C fresh strawberries
2.5C granulated sugar
12 cups water

Directions

Puree strawberries (it will measure approx. 1 cup pureed). You can strain the puree through cheesecloth to remove seeds if you choose.
Mix lemon juice and sugar until sugar is dissolved.
Stir in water and add strawberry puree. Mix well.
Serve over ice and garnish with a slice of lemon or a strawberry. Yields: 1 Gallon

On the Fourth of July, the new panels of the War Memorial Monument were unveiled during a ceremony held at the courthouse.

CONGRATULATIONS SONIC BOOMERS!

Dawn Lantz, HR Director presenting awards at a Special Commissioners Court on Friday, July 31, 2015 to the Top Sonic Boomers: (Pictured from Left to Right) Lynn Whiten from Juvenile Detention Center, Beverly Doubrava from the Sheriff's Office, and Joe Biermann from Road & Bridge. Joanne Moore from Juvenile Detention Center not pictured.