

# Kerr County Newsletter

Vol. 3, No. 3

March 1, 2016

## March Calendar of Events:

- 1<sup>st</sup>: Texas Independence Day
- 1<sup>st</sup>: Election Day
- Every Wednesday: Exit 505 Farmer's Market 2 – 7pm
- 4<sup>th</sup>: First Friday Wine Share
- 5<sup>th</sup>: Hill Country Swap meet & Kerr County Market Days @ HCYEC
- 11 – 13<sup>th</sup>: San Antonio Kennel Club Dog Show @ HCYEC
- 13<sup>th</sup>: Daylight Savings Begins
- 14<sup>th</sup>: Commissioners Court
- 17<sup>th</sup>: St. Patrick's Day
- 19<sup>th</sup>: Cowboy Capital Stampede 5K/10K @ Bandera City Park
- 21<sup>st</sup>: 21<sup>st</sup> Annual Chamber of Commerce Golf Tournament
- 25<sup>th</sup> – 27<sup>th</sup>: 42<sup>nd</sup> Annual Easter Hill Country Bike Tour
- 25<sup>th</sup>: Good Friday – County Offices CLOSED
- 26<sup>th</sup>: Here's to the Heroes EasterFest & Cook-off @ Flat Rock Park
- 26<sup>th</sup>: Easter Eggstravaganza @ the KROC Center
- 27<sup>th</sup>: Easter Sunday
- 28<sup>th</sup>: Commissioners Court

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

## SONIC BOOM PED'S & BOOMERANGS

If you ordered a ped or boomerang during open enrollment, these devices will be shipped to our HR department in the next week or so. Dawn will contact you to let you know when they are in.



## 100-Day Challenge in 2016

Last year, more than 4,400 county employees across the state of Texas took the challenge to move more each day during the spring and fall Sonic Boom 10-week challenges. In 2016, TAC is challenging county employees to keep going by committing to 100 days of physical activity in 2016

### COMMIT TO 100 DAYS IN 2016

The 100-Day Challenge in 2016 is a long-term Sonic Striding challenge that will begin April 4 and end September 30. **\*\*There are 180 days in this time period to complete the challenge\*\*** This challenge replaces last year's Step Up, Spring Forward Challenge.

#### To be eligible for a \$60 incentive gift card, you must:

- complete the Health Assessment between April 4 - Sept. 30 (watch for details in the next newsletter)
- **and** achieve 100 days of 4,500 steps and/or 60 minutes of physical activity during the 100-Day Sonic Boom Challenge.

Gift cards will be mailed to counties at the end of the year. For more information about incentives, visit [www.county.org/HealthyLifestyleRewards](http://www.county.org/HealthyLifestyleRewards).

**The first challenge will begin on April 4<sup>th</sup>! Anyone with an active Sonic Boom account and a registered device will automatically be enrolled in the next challenge.**

WOW!!

## Sonic Boom County-wide Stats:

### February 2016

Sonic Boomers: 47

Total Steps: 5,328,331

Total Time (Min): 91,123.79

Total Calories Burned: 369,121

Total Distance (Miles): 2,355.34

### Compared to February 2015

Sonic Boomers: 20

Total Steps: 1,422,302

Total Time (Min): 26,500.78

Total Calories Burned: 64,126

Total Distance (Miles): 603.35

WAY TO GO KERR COUNTY!!



TEXAS ASSOCIATION of COUNTIES  
HEALTH AND EMPLOYEE BENEFITS POOL

## March National Awareness Month

- Brain Injury Awareness
- Colorectal Cancer Awareness
- Endometriosis Awareness
- Gender Equality Month
- Greek-American Heritage
- Irish-American Heritage
- Juvenile Arthritis Awareness
- Mental Retardation Awareness
- Multiple Sclerosis Awareness
- Nutrition Month
- Red Cross Month
- Self Harm Awareness
- Social Worker's Month
- Women's History Month

## Did you know...



BlueCross BlueShield of Texas

**There's an app for that!** Blue Cross Blue Shield of Texas offers an app that will store your health insurance card. So when you go to the doctor's office and they need to see your insurance card, you can bring it up on your phone! Get the BCBSTX app at the iTunes store or Google Play for free.

### Roasted Butternut Squash

#### Ingredients:

1 medium butternut squash (about 2/12 lb)  
Peeled, halved lengthwise, seeded  
1 T extra-virgin olive oil  
½ tsp kosher salt  
¼ tsp coarsely ground black pepper  
1 medium garlic clove, chopped  
3 T freshly grated parmesan cheese  
1 tsp minced fresh sage (optional)  
½ tsp finely grated lemon zest (optional)



#### Directions:

Preheat oven to 450F  
Line rimmed baking sheet with foil; coat with nonstick spray.  
Cut neck of squash crosswise into ½" thick wedges  
Toss squash with oil on baking sheet; season with salt and pepper. Toss to coat; arrange on sheet in an even layer  
Roast 15 minutes; remove from oven, flip squash and top with garlic. Roast until tender and light golden in spots, 8 – 10 minutes more.  
Sprinkle parmesan over squash; return to oven and roast until cheese is melted, 2 minutes. Arrange squash on a serving platter; top with sage and zest (add more pepper if desired)

**137 cal, 3 g total fat, 218 mg sod, 27g total carb, 5g sugar, 5g fiber, 4g protein.**  
**Watchers Points Plus Value: 1 per ¾ cup serving**

\*You can substituted any in season squash or zucchini in this recipe!!

### Conquer "At Work" Cravings

Temptation at the office can make it tough to stick with a resolution to eat healthier... candy filled dishes, doughnuts, home baked goods brought in by co-workers seem harmless, but indulging can pack on the calories and ultimately cause a weight game. Here are a few ways to stay on track at work:

1. **Walk it off:** If you have the urge to eat, take a lap around the office. Get some water, say hi to a co-worker, take some time to forget the urge to eat.
2. **See no evil:** Keep your desk space clear, but keep a special spot for fruit. Other snacks, like almonds, rice cakes or pretzels should get a place in a bottom drawer so you have to think before grabbing them.
3. **Stash substitutes:** Keep replacements for snacks – like gum, water or coffee – at your desk. When you feel the urge to eat, reach for those instead. Most urges to eat are not from hunger!
4. **Stock your own stash:** Make sure you have healthy treats on hand so you can avoid the temptation.



**It's almost time to switch to Daylight Savings! Don't forget to move your clocks forward on March 13<sup>th</sup>!**