Kerr County Newsletter

Vol. 3, No. 4 April 1, 2016

April Calendar of Events:

- 1st – First Friday First Responders (wear blue)
- 1st – Covenant Academy Third Annual Golf Classic @ Comanche Trace
- 1st – 1st Friday Wine Share @ Pirates & Pretties
- 1st – Porsche & Packard Auto Clubs Car Show @ Courthouse
- 2nd – Children's Organ Transplant Association & Team Faith Mooney Garage Sale
- 2nd – Hill Country Swap Meet & Market Days @ HCYEC
- 9th: Master Gardeners Blooms & Barrels Plant Sale @ HCYEC
- 11th: Commissioners Court
- 15th: Income Tax Day
- 16th: Hunt VFD Beast Blast @ Criders
- 16th: Any Baby Can Autism Walk
- 18th – 19th: Texas Gun & Knife Show @ HCYEC
- 22nd: Earth Day
- 23rd: 20th Annual Dan Gatewood Memorial Golf Tournament @ Scott Schreiner Golf Course
- 23rd: Native Plant Sale & Festival @ Riverside Nature Center
- 25th: Commissioners Court
- 29th: Relay for Life @ HCYEC
- 30th: Family Free Day @ Museum of Western Art

Happy Birthday to all Kerr County Employees celebrating an April Birthday!

EARN AN EXTRA $60 THIS YEAR

STEP ONE:

Complete the BCBS Health Assessment in April.
Here's how:

- Log on to www.mybenefits.county.org
- Select "Get Connected"
- Select the "Blue Cross Blue Shield of Texas" link; and
- Select "Health Assessment" under Quick Links

Need/Want help completing your health assessment?? Call Dawn or Tracy ~ We are here to help! HR and the Treasurer's Office each have an extra computer in their offices. Please call to set up a time to use it to complete your health assessment so we can help you! OR, if you would like one of us to come to your office and do a tutorial for your staff, please call to schedule a time.

STEP TWO:

Participate in AND complete Sonic Boom's 100 Day Challenge: April 4 – September 30

Achieve a minimum of 4,500 steps and/or 60 minutes of physical activity for 100 days during the challenge (which lasts for 180 days)

Physical activity is anything that makes you move your body and burn calories. You must complete both the health assessment and the 100 day challenge to earn the $60 gift card. Gift cards will be mailed to HR at the end of the year for those that qualify. Track your progress online at www.sonicboomwellness.com

SONIC BOOM APP

With a Boomerang, you don't have to walk by a computer with a receiver; you can offload your activity to an app on your phone!

Download the "Sonic Boom Wellness" app from the iTunes Store or Google Play Store for free, sync your boomerang, and track your progress!

Sonic Boom County-wide Stats:

March 2016
Sonic Boomers: 57
Total Steps: 5,608,312
Total Time (Min): 91,907.57
Total Calories Burned: 467,954
Total Distance (Miles): 2, 577.90

Compared to March 2015
Sonic Boomers: 75
Total Steps: 4,829,482
Total Time (Min): 100,287.01
Total Calories Burned: 238,062
Total Distance (Miles): 2,147.49

April National Awareness Month

- Alcohol Awareness
- Arab-American Awareness
- Autism Awareness
- Cancer Control Month
- Child Abuse Prevention
- Distracted Driving Awareness
- Donate Life Month – Organ and Tissue Donation
- Facial Protection Month
- Irritable Bowel Syndrome Awareness
- Jazz Appreciation
- Keep America Beautiful
- Mathematics Education
- Minority Health Month
- Occupational Therapy Month
- Poetry Month
- School Library Media Month
- Sexual Assault Awareness & Prevention
- Sports Eye Safety Month
- STD's Education & Awareness Month
- Stress Awareness
- Tartan (Scottish-American) Heritage Month
- Volunteer Month
- Work Life Enrichment Month

Did you know…

There are foods that can help fight cancer? According to the National Cancer Institute, antioxidants work to stabilize free radicals, which are unstable molecules that damage cells and may cause cancer. Nutritionists recommend getting most of your nutrients through food rather than supplements, and eating in moderation from a wide variety of food groups, particularly grains, fruits and vegetables.

Anti-Cancer Eating Plan (recommended by the American Cancer Society for reducing your risk of cancer):

- Eat a variety of vegetables and fruits each day – include them at every meal and for snacks
- Eat smaller portions of high-calorie foods – be aware that "low fat" or "nonfat" does not mean "low-calorie".
- When you eat away from home, choose foods low in calories, fat and sugar, and avoid large portion sizes
- Choose 100% juice if you drink vegetable or fruit juices
- Choose whole grain rice, bread, pasta and cereals, and limit consumption of refined carbs, including pastries, sweetened cereals and other high-sugar foods.
- Choose fish, poultry or beans as an alternative to beef, pork, and lamb. When you do eat meat, select lean cuts and eat smaller portions.
- Prepare meat by baking, broiling, or poaching, rather than by frying or charbroiling.
- Limit alcohol intake to no more than 2 drinks per day for men and 1 drink per day for women.

6 Ways to Eat More Fruits and Vegetables (as recommended by the American Cancer Society)

1. **Flavor dishes incorporating as many plant-based ingredients as possible, such as stir-fries, soups, and salads**
2. **Keep crunchy raw veggies on hand, such as carrot sticks, jicama, and pepper strips**
3. **Add leafy greens such as spinach leaves and watercress to sandwiches**
4. **Consider nutrient-rich squash as a side dish**
5. **Top cereal and salads with fruit, nuts, sesame seeds or pumpkin seeds**
6. **Empty a can of beans or tomatoes into your favorite casserole.**

LEMON PEPPER VEGETABLES

Ingredients:

1 medium zucchini, quartered and sliced
1 yellow summer squash, quartered and sliced
½ lb green beans, cleaned and snapped
1 cup red and yellow cherry tomatoes, halved
1 green and 1 red pepper, chopped
2T Oil
1 tsp salt
1/2 tsp seasoned pepper
½ tsp Italian Seasoning
3T lemon juice

Directions:

Mix all ingredients together until well combined. Grill in a pan (or wrapped in aluminum foil packet until crisp tender), about 5 – 8 min. Serve immediately

Nutritional Estimates per serving: 110 calories, 2 g fat, 15 g carbs, 5 g fiber, 4 g protein.
1 Weight Watchers PointsPlus (recipe makes six 1 ½ cup servings)

AMERICAN CANCER SOCIETY

RELAY FOR LIFE

Come and join in the fun!

Relay For Life of Kerr County

April 29, 2016 at 6:00 p.m. – Midnight

Hill Country Youth Event Center
3785 Hwy 27, Kerrville

For more information, please contact Chelsea Hart at 210.595.0224 or e-mail Chelsea.Hart@cancer.org

RELAY FOR LIFE
American Cancer Society

Celebrate. Remember. Fight Back.®

RelayForLife.org | 1.800.227.2345

Luminaria Form

Relay For Life of Kerr County

Friday, April 29, 2016

Donor Information: (please print)

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Luminaria Type: (check one)

In Honor of _____ OR In Memory of _____

Name: _____

Donation Information:

Total # of Luminaria Purchased _____

Total Contribution Enclosed _____

*$5.00 minimum donation per bag

*Checks payable to the American Cancer Society

*All Donations are Tax Deductible

Fundraising Credit:

Event Name: _____

Team Name: _____

Participant Name: _____

Please mail your completed form and donation to:
American Cancer Society– Relay For Life of Kerr Co
8115 Datapoint Dr, San Antonio, Texas 78229

MAIL IN DEADLINE: April 17, 2016

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Kerr County accomplishments and fun pictures…

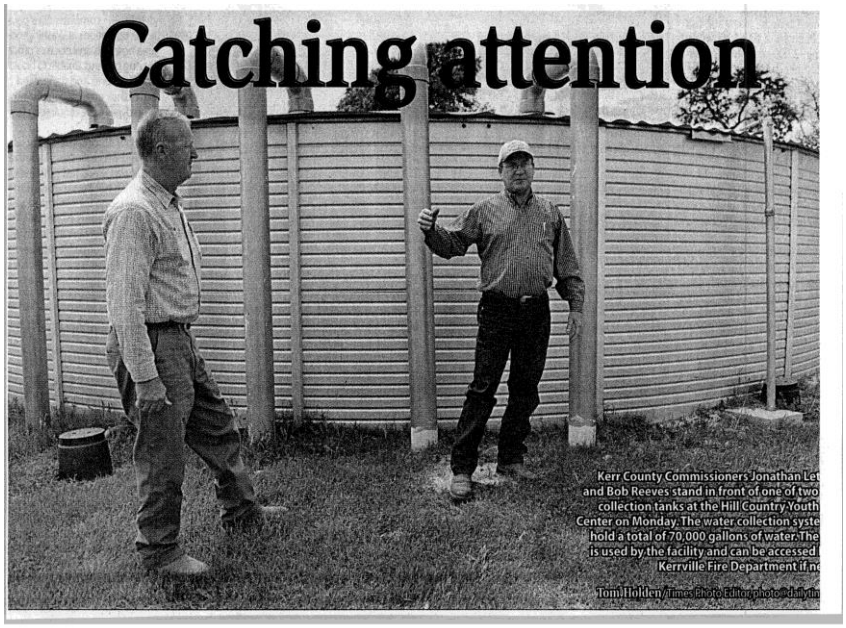
Kelly Hofer from the Road & Bridge Department won the "Making A Difference" Award at the TAC County Management & Risk Conference in March. Kelly was recognized for demonstrating excellence in involvement and commitment to safety in the workplace and for controlling workers' compensation claims.

At that same awards ceremony, Kerr County was one of six Texas counties announced as a recipient of the Gold Star Award for Safety. This is Kerr County's fourth consecutive Gold Star Award, and sixth consecutive year to be recognized for an active safety program that meets or exceeds the award criteria. The award will be presented at a future Commissioners Court meeting.

During the TAC conference in March, Daniel Hernandez, from the Juvenile Detention Facility, tried out TAC's Shooting Simulator, TAC's newest Safety Training Tool.

The 2016 General Aviation Airport Manager Of The Year Award is presented by The Texas Department of Transportation Aviation Division to Bruce McKenzie, Airport Manager Kerrville Municipal-Louis Schreiner Field Kerrville, Texas at the Conference on March 10, 2016. Bruce was chosen from about 275 managers of general aviation airports in Texas!

Earlier this week, The Texas Water Development Board presented the 2015 Rain Catcher Award to the Commissioner's Court for the county's efforts in the last three years for water conservation with the installation of the rain catchment system at the Hill Country Youth Event Center!



And finally, just a fun snapshot of three of our wise county officials demonstrating good character…

Speak no evil, hear no evil, see no evil!