

Kerr County Newsletter

Vol. 3, No. 7

July 1, 2016

July Calendar of Events:

- Every Saturday Crider's Rodeo & Dance Hall
- Every Wednesday Exit 505 Farmers Market
- 2nd: 18th Annual Car & Motorcycle Show @ Kerr County Courthouse
- 2nd: Freedom Fest Outdoor Concert 2016 @ Kerrville Hills Winery
- 2nd – 27th: "Looking Back: Historic Photographs of Kerr County" Exhibit @ Museum of Western Art
- 4th: Independence Day County Holiday
- 4th: 4th on the River @ Louise Hays Park
- 8th: 1st Friday Wine Share @ Riverside Nature Center (moved to 2nd Saturday because of holiday)
- 8th – 9th: Kerrfest Open Pro Rodeo @ HCYEC
- 9th: Centerpoint Volunteer Fire Department Annual Fundraiser
- 10th: Allen-Faris Goat Sale @ HCYEC
- 11th: Commissioners Court
- 15th & 16th: 7-H Steer Show @ HCYEC
- 16th: HLRS Goat Sale @ HCYEC
- 16th & 17th: Texas Gun & Knife Show @ HCYEC
- 17th: Spenrath Goat Sale @ HCYEC
- 22nd: Movies in the Park @ Kerrville-Schreiner Park Amphitheater "Big Hero 6"
- 23rd & 24th: Kerrville Summer Market @ HCYEC
- 23rd & 24th: Kerrville Traders Fest @ River Star Arts & Event Park
- 23rd: UGRA River Clean-Up
- 25th: Commissioners Court
- 26th – 29th: Heart of the Hills Golf Tournament @ Scott Schreiner Golf Course
- 29th: Movies in the Park @ Kerrville-Schreiner Park Amphitheater "The Good Dinosaur"

SONIC BOOM 100 DAY CHALLENGE

2016 Challenge: April 4 – September 30

How are you doing on this challenge? If you started but have fallen behind, there are still 92 days left in this challenge.

YOU CAN DO IT, KEEP IT UP!!

Achieve a minimum of 4,500 steps and/or 60 minutes of physical activity for 100 days during this challenge!

Physical activity is anything that makes you move your body and burn calories. You **MUST** complete BOTH the online Blue Cross Blue Shield health assessment AND the 100 days of activity to receive a \$60 gift cards at the end of the year. Log in to your Sonic Boom account at www.sonicboomwellness.com to track your progress!



Complete your health assessment:

- 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

What if I Already Completed my Health Assessment this year?

If you completed your health assessment prior to April 4 (before the challenge began) you **MUST** complete the health assessment **AGAIN**. The health assessment may be completed twice per year; once between Jan. – June and again between July – Dec. You may now log in to complete your health assessment and receive credit towards the wellness incentive program. You must be an employee covered by your county's medical plan (pooled groups only) to be eligible for the incentive.

Sonic Boom County-wide Stats:

June 2016

Sonic Boomers: 60

Total Steps: 10,409,699

Total Time (Min): 170,245.24

Total Calories Burned: 1,140,627

Total Distance (Miles): 4,847.75

Compared to June 2015

Sonic Boomers: 65

Total Steps: 7,480,429

Total Time (Min): 158,963.60

Total Calories Burned: 391,806

Total Distance (Miles): 3,439.15

WAY TO GO
KERR COUNTY!

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

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...



(source choosemyplate.gov)

Everything you eat and drink matters! The right mix can help you be healthier now and in the future. This means you should:

- Focus on variety, amount, and nutrition
- Choose foods and beverages with less saturated fat, sodium, and added sugars
- Start with small changes to build healthier eating styles
- Support healthy eating for everyone

Traveling this Summer?

Here are some tips for healthy snacks while on the road.

When preparing for any trip, snacks are a must! Making sure you have easy, healthy snacks on hand to sustain you during a long trip will help stave off hunger, save money and keep you from consuming empty calories. As a good rule of thumb, pack a combination of protein and carbohydrates rich in fiber for a well-balanced snack.

- Nut butter and apple or fruit slices – This great protein and carbohydrate combination will keep you full as well as help satisfy that sweet tooth that is hard to resist at times.
- Granola – Look for high fiber and low sugar content in the granola pieces or bars you pick out. Fiber helps you stay full and the low sugar content will help you avoid the spike in blood sugar that causes a “crash” and the sleepiness that causes.
- Cheese and whole grain crackers – This snack is an excellent choice for the savory/salty combination.
- Hummus and vegetables – Hummus is a dip made from chickpeas that will give you some protein and the assorted vegetables will give you all the nutrients you need to help maintain a balanced diet, even on vacation!

Zesty Lime Shrimp and Avocado Salad



Ingredients

- 1/4 cup chopped red onion
- Juice of 2 limes
- 1 tsp olive oil
- ¼ tsp salt, pepper to taste
- 1lb jumbo cooked, peeled shrimp, chopped
- 1 medium tomato, diced
- 1 medium avocado, diced (about 5 oz)
- 1 jalapeno, seeded and finely diced
- 1tbsp chopped cilantro

Directions: In a small bowl, combine first four ingredients. Let them marinate at least 5 min to mellow the flavor of the onion. In large bowl, combine next 4 ingredients. Combine all ingredients including cilantro and gently toss.

Yields: 4 (1) cup servings 4WW Smart Points, 197 Calories, 8g Fat, 25g Protein, 7g Carbs, 3g Fiber, 0 Sugar 330g Sodium



Adult Wellness Guidelines Making Preventive Care a Priority

Adult Health - for ages 18 and over

Preventive care is very important for adults. By making some good basic health choices, women and men can boost their own health and well-being. Some of these positive choices include:

- Eat a healthy diet
- Get regular exercise
- Don't use tobacco
- Limit alcohol use
- Strive for a healthy weight

* Recommendations may vary. Discuss the start and frequency of screenings with your doctor, especially if you are at increased risk.

Screenings	
Weight	Every 1-3 years
Body Mass Index (BMI)	Every 1-3 years
Blood Pressure (BP)	At least every 2 years*
Colon Cancer Screening	Adults ages 50-75 — colonoscopy every 10 years, OR flexible sigmoidoscopy every 5 years OR fecal occult blood test annually*
Diabetes Screening	Those with high blood pressure should be screened. Others, especially those who are overweight or have additional risk factors, should consider screening every 3 years.*
Hepatitis C (HCV) Screening	Once for adults born between 1945 and 1965
HIV Screening	Adults ages 18-65, older adults at increased risk and all pregnant women should be screened.

Immunizations	
Tetanus Diphtheria Pertussis (Td/Tdap)	Get Tdap vaccine once, then a Td booster every 10 years.
Influenza (Flu)	Yearly
Herpes Zoster (Shingles)	1 dose given at age 60 and over
Varicella (Chicken Pox)	2 doses if no evidence of immunity
Pneumococcal (Pneumonia)	1 dose at age 65 and over*
Measles, Mumps, Rubella (MMR)	1 or 2 doses for adults born in 1957 or later who have no evidence of immunity
Human Papillomavirus (HPV)	3 doses for women ages 18-26 if not already given. 3 doses for men ages 18-21 if not already given.*

Women's Health

Women have their own unique health care needs. To stay well, they should make regular screenings a priority. In addition to the services listed in the Adult Health section, women should also discuss the recommendations listed on the chart to the right with their doctor.

Men's Health

Men are encouraged to get care as needed and make smart choices. That includes following a healthy lifestyle and getting recommended preventive care services. If they follow a game plan for better overall health, they'll be more likely to win at wellness.

In addition to the services listed in the Adult Health section, men should also discuss the recommendations shown in the chart to the right with their doctor.

Learn more! Additional sources of health information include:

- ahrq.gov/patients-consumers/prevention/index.html
- cancer.org/healthy/index
- cdc.gov/healthyliving/

Women's Recommendations

Mammogram	Mammogram every 2 years for women ages 50-74.** Mammograms for older and younger women or annual mammograms may also be appropriate.
Clinical Breast Exam	Every 3 years for women ages 20-39. Annually for age 40 and over.
Cholesterol	Starting age and frequency of screenings are based on your individual risk factors. Talk with your doctor about what is best for you.
Cervical Cancer Screening	Women ages 21-65: Pap test every 3 years. Another option for ages 30-65: Pap test and HPV test every 5 years. Women who have had a hysterectomy or are over age 65 may not need a Pap test.*
Osteoporosis Screening	Beginning at age 65, or at age 60 if risk factors are present*
Aspirin Use	At ages 55-79, talk with your doctor about the benefits and risks of aspirin use.

Men's Recommendations

Cholesterol	Ages 20-35 should be tested if at high risk. Men age 35 and over should be tested.
Prostate Cancer Screening	Discuss the benefits and risks of screening with your doctor.*
Abdominal Aortic Aneurysm	Have an ultrasound once between ages 65-75 if you have ever smoked.
Aspirin Use	At ages 45-79, talk with your doctor about the benefits and risks of aspirin use.

You probably don't hesitate to ask your doctor about nutrition and exercise, losing weight and stopping smoking. But you can also ask about:

- Dental health
- Problems with drugs or alcohol
- Sexual behavior and sexually transmitted diseases
- Feelings of depression
- Domestic violence
- Accident/injury prevention
- Preventing falls, especially for ages 65 and over



* Recommendations may vary. Discuss screening options with your doctor, especially if you are at increased risk.

** At least every 2 years for women ages 50-74. Ages 40-49 should discuss the risks and benefits of screening with their doctor.

The recommendations provided in the table are based on information from organizations such as the Advisory Committee on Immunization Practices, the American Academy of Family Physicians, the American Cancer Society and the United States Preventive Services Task Force. The recommendations are not intended as medical advice nor meant to be a substitute for the individual medical judgment of a doctor or other health care professional. Please check with your doctor for individualized advice on the recommendations provided.

Coverage for preventive services may vary depending on your specific benefit plan and use of network providers. For questions, please call the Customer Service number on the back of your ID card.

CONGRATULATIONS KERR COUNTY!

Chief Deputy of the Year award goes to Barton

By Erin Green
Staff Writer

erin.green@dailytimes.com

One of the Kerr County law enforcement's own was honored by his peers Thursday.

Kerr County Sheriff's Office Chief Deputy Clay Barton was presented the Melvin Drum Chief Deputy of the Year award Thursday at the Texas Chief Deputies Association banquet at the Inn of the Hills Resort and Conference Center.



Barton

He was nominated for the award by Kerr County Sheriff Rusty Hierholzer.

The award is presented annually in recognition of a Texas chief deputy "who has not only distinguished himself among his law enforcement peers, but also has been active in his community and has contributed significantly to the Texas Chief Deputies Association."

See **AWARD**, page 12

Award

Continued from page 1

Barton's law enforcement career began in 1981, when he joined the KCSO as a dispatcher and jailer. The following year, he became a peace officer and remained at the sheriff's office until 1985. He then moved to the 198th District Attorney's office in the narcotics task force, where he later became assistant commander.

In 2003, Barton returned to the sheriff's office as chief deputy. It is a role he has held since, responsible for the daily operations of the department, which includes overseeing 99 employees, a 192-bed jail and an annual budget of more than \$8 million.

In 2004, Barton joined the Texas Chief Deputies Association. As a part of the organization, Barton has served on its board of directors and was elected the group's president in 2015 and currently serves as past president.

In addition to his association duties, which also included serving on the scholarship committee,

Barton has been an active part of the Kerrville community.

He currently serves on the board of directors at Grace Academy of Kerrville, a private Christian school, and has served on the board of Hill Country Court Appointed Special Advocates for more than a decade.

Barton also plays guitar with local musicians for his church and volunteers his time and skills to those needing plumbing and carpentry work.

"Chief Barton truly gives back to the citizens, the sheriff's office and the entire community on a daily basis," said Ed Krevit, chief deputy of the Midland County Sheriff's office, introducing Barton.

Barton himself said he was honored to receive the award.

"I grew up around law enforcement all of my life," Barton said. "I enjoy helping people, and I enjoy the fact that so much of what I do involves helping people."

Barton and his wife, Faith, have three daughters and two grandsons. He is the son of retired district Judge Robert Barton and Joyce Barton.

The award was named after an Ochiltree County sheriff's deputy killed in the line of duty in 1987.

Also in June...County Auditor, Brenda Doss was awarded with a plaque during the TAC County Investment Academy Level Two Conference for completion of the County Investment Academy.



TEXAS ASSOCIATION of COUNTIES

BASICS OF COUNTY INVESTMENTS COURSE

Feb. 16-19, 2016