

# Kerr County Newsletter

Vol. 3, No. 9

September 1, 2016

## September Calendar of Events:

- Sept 2<sup>nd</sup>: First Friday First Responders (Wear Blue)
- Sept 2<sup>nd</sup>: First Friday Wine Share @ Gentiva Hospice
- Sept 2 – 4: Kerrville Fall Music Festival @ Quiet Valley Ranch
- Sept 2 – 4: Camp Eagle Classic Mountain Bike Festival @ Camp Eagle in Rock Springs
- Sept 3<sup>rd</sup>: Hill Country Swap Meet & Market Days @ HCYEC
- Sept 3<sup>rd</sup>: River City Wrestling @ HCYEC
- Sept 4 – 7: 4-H Big Bash
- Sept 5th: Labor Day, County Holiday
- Sept 9<sup>th</sup>: Movies in the Park "Frozen" @ Louise Hays Park
- Sept 10<sup>th</sup>: Run for Riverside 5K @ Riverside Nature Center
- Sept 10<sup>th</sup>: Kerr County Roller Derby Bout @ HCYEC
- Sept 10 – 11: Texas Gun & Knife Show @ HCYEC
- Sept 12<sup>th</sup>: 5<sup>th</sup> Annual Salvation Army Open Golf Tournament @ Comanche Trace
- Step Up Scale Down program starts (See pg 3)
- Sept 12<sup>th</sup>: Commissioners Court
- Sept 17<sup>th</sup>: Heart Hills Barrel Racing @ HCYEC
- Sept 24<sup>th</sup>: 33<sup>rd</sup> Annual HCDJLS Fundraiser @ HCYEC
- Sept 24 – 25<sup>th</sup> 6<sup>th</sup> Annual Kerrville Triathlon
- Sept 24<sup>th</sup> – 25<sup>th</sup>: Kerrville Traders Fest & Open Car& Bike Show @ HCYEC
- Sept 26<sup>th</sup>: Commissioners Court
- Sept 30<sup>th</sup>: County Fiscal Year Ends

## Mark your Calendar for the Kerr County Employee Health Fair

*Thursday, October 13, 2016  
Hill Country Youth Event Center  
1:00 pm – 4:00 pm*

*Get your flu shots!! Enter to win Door Prizes!!  
Visit with vendors offering health and safety information!!*

## 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 30 days left in this challenge.

If you've reached your 100 day goal, don't slow down, keep up your active lifestyle!

**YOU CAN DO IT, KEEP IT UP!!**

Log in to your Sonic Boom account at [www.sonicboomwellness.com](http://www.sonicboomwellness.com) to track your progress!

Complete your health assessment:

- Log on to <https://mybenefits.county.org/ESS/Home/Login.aspx?ReturnUrl=%2fess>
- Select "Get Connected"
- Select the "Blue Cross Blue Shield of Texas" link; and
- Select "Health Assessment" under Quick Links

## Sonic Boom County-wide Stats:

**August 2016**

**Sonic Boomers: 48**

**Total Steps: 9,372,214**

**Total Time (Min): 153,660.26**

**Total Calories Burned: 1,062,057**

**Total Distance (Miles): 4,368.77**

**Compared to August 2015**

**Sonic Boomers: 70**

**Total Steps: 6,780,201**

**Total Time (Min): 139,177.56**

**Total Calories Burned: 372,698**

**Total Distance (Miles): 3,130.20**

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

## September National Awareness Month

- Childhood Cancer Awareness Month
- Children's Eye Health and Safety Month
- Children's Good Manners Month
- Cholesterol Education Month
- German-American Heritage Month
- Guide Dog Month
- Gynecological Cancer Awareness Month
- Hispanic Heritage Month
- Leukemia and Lymphoma Awareness Month
- Library Card Sign-Up Month
- Pediculosis Prevention Month
- Polycystic Ovarian Syndrome Awareness Month
- Preparedness Month
- Project AWARE Month (Marine Conservation)
- Prostate Cancer Awareness Month
- Self-Awareness Month
- Self-Improvement Month
- Sickle Cell Awareness Month
- Yoga Month

## Did you know...

Breakfast is the most important meal of the day? Of course, you've heard it all your life! However, the type of breakfast is also important. A breakfast of donuts and pastries isn't helping your body as much as it could. See below for three reasons on why filling your breakfast plate with protein like those found in eggs, bacon and steak, will jump start your day and keep you satisfied and focused all morning long.



**Avoid the sugar crash** - Eating a high-sugar, high-carb breakfast foods, like bagels, cereal, and toast, can spike your blood sugar. In turn, causing a blood sugar crash later. Lower carb, higher protein breakfasts will keep your blood sugar level steady, reducing the chance of unnecessary headaches, drowsiness, and mid-morning hunger.



**Boost Fat Burning** – Protein digestion boost muscle metabolism. Increased muscle metabolism encourages your body to run leaner, meaning your body burns more calories and breaks down fat faster.



**Feel fuller longer** – Protein may help block the number of hunger hormones that reach your brain. Less snacking and over-eating mean a slimmer, healthier you!

## Mexican Brown Rice Casserole

### Ingredients

- 4 cups cooked brown rice
- 1 ¼ cup salsa (or taco sauce)
- 1 tsp cumin
- 1 T chili powder
- 15 oz fat free refried beans
- 10 oz frozen kernel corn, thawed
- 4 oz diced green chili peppers
- 1 pkg (10 oz) chopped frozen spinach, thawed and well drained
- ¾ cup low fat shredded cheddar cheese
- 8 oz cooked chicken breast, shredded
- 2 T cilantro, fresh, chopped (optional, for garnish)

### Instructions

Preheat oven to 375 degrees. Coat a 2-quart baking dish with cooking spray. In a large bowl, combine first 3 ingredients. In another large bowl, mix the next 4 ingredients. Spoon 2 cups of rice mix into prepared baking dish and spread out to evenly cover bottom. Using a spatula, place all the bean mixture on top and smooth out. Evenly distribute the spinach, ½ of the cheese and shredded chicken on top. Then follow with remaining rice mix and smooth out top. Sprinkle with remaining cheese. Bake for 30 min or until casserole is heated through and the cheese is melted. Serve as a side dish or main dish with tortillas (makes great burrito stuffing). Yields 6 servings  
8 Weight Watcher Points Plus Value per serving





TEXAS ASSOCIATION of COUNTIES  
HEALTH AND EMPLOYEE BENEFITS POOL

Step Up & Scale Down is an online 12-week education program based on the USDA Dietary Guidelines that are intended to help Americans choose a healthful eating plan to achieve and maintain a healthy weight.

Weeks: 12  
Cost: \$40  
Reimbursement: \$40

Participants must complete all 12 sessions and the pre- and post-surveys to receive reimbursement from Healthy County. Participants are eligible for reimbursement once a year.

This program will be conducted online and will include a weekly lesson, discussion group, recipes and encouragement.

Registration opens August 29, 2016. Visit <http://stepupscaldown.org> and select Texas Association of Counties

First Session begins September 12, 2016

*For more information on the program, contact your county's Agri-life Extension Agent.*



**STEP UP  
SCALE DOWN**

TEXAS A&M AGRILIFE EXTENSION

# 2016 STEP UP & SCALE DOWN

*For people who want to  
take charge of their health!*



Education programs by the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status. The Texas A&M University System, U.S. Department of Agriculture and the County Commissioners Courts of Texas Cooperating.

## Several Kerr County Employees supporting the Blood Drive in August



left to right: Sylvia Foraker, Jail; Scott VanKlavern, Courthouse Baliff; Mario Paredes, Adult Probation

## Kerr County Jail Ground Breaking Ceremony



The Ground Breaking Ceremony took place on Monday, August 29<sup>th</sup>. Construction to begin soon on jail expansion!