

**Happy Birthday to
all Kerr County
Employees
celebrating an
October Birthday!**

Kerr County Newsletter

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October 4, 2016

October Calendar of Events:

- Every Wednesday – Exit 505 Farmers Market & HCYEC
- 7th: First Friday, First Responders – Wear Blue
- 7th: First Friday Wine Share @ Kerr Arts & Cultural Center
- 8th: Hill Country Swap Meet & Market Days @ HCYEC
- 8th: Rocking G Trucking @ HCYEC outdoor arena
- 8th: Mountain Home VFD Steak Dinner
- 9th: Vintage Market @ HCYEC
- 8th & 9th: Kerr County Celtic Festival & Scottish Highland Games @ Stonehenge in Ingram
- 10th: County Offices Closed: Columbus Day
- 11th: Commissioners Court
- 12th: Baubles & Beads Style Show & Luncheon @ YO Hotel
- 13th: Kerr County Employee Health Fair
- 15th: Ken Stoepel Ford Revfest2 @ Louise Hays Park
- 15th & 16th: Kerrville Chalk Festival
- 20th: Chamber Mixer @ River Point
- 21 – 23: Kerr County Fair
- 22 – 23: Kerrville Traders Fest @ River Star Park
- 24th: Commissioners Court
- 26th: Family Free Day @ Museum of Western Art
- 29th: Pumpkin Run & Harvest Festival @ the KROC center
- 31st: Halloween

Kerr County Employee Health Fair

**Get your
flu shot!!**

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

Raffles & Giveaways!! Visit with more than 20 vendors offering health and safety information!!

Breast Cancer Awareness Month

Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that many women can survive breast cancer if it's found and treated early.

- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.

Talk to a doctor about your risk for breast cancer, especially if a close family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.

Here are some facts about breast cancer:

- **You can get breast cancer even if it doesn't run in your family** – most women diagnosed with breast cancer have no family history of the disease
- **Having breast cancer in your family does not guarantee that you'll get it.** Many times, cancer runs in families because they have similar lifestyle habits. Habits you can control that lower your risk of breast cancer include staying at a healthy weight, getting regular physical activity and not smoking.
- **You still need mammograms after menopause.** The risk of developing breast cancer goes up as you get older.
- **Men can get breast cancer.** More than 2,000 men are diagnosed with breast cancer every year! Men should not ignore breast lumps and should have them checked. Breast cancer is more common in women than men, with more than 240,000 women diagnosed in each year.
- **Surgery and needle biopsies will not cause breast cancer to spread.** Sometimes a surgeon does find more cancer than the imaging scans or X-rays showed, but in those cases the cancer was already there – it just didn't show up on the tests that were done.
- **You can lower your risk of breast cancer.** While you can't change certain risk factors (being female or having a family history of cancer) you can do a lot to help reduce your risk. Exercise more and eat healthier. Limit or eliminate alcohol and quit smoking. Cancer prevention isn't fool-proof, but being responsible about your health can go a long way!

October National Awareness Month

- AIDS Awareness
- Adopt a Shelter Dog
- Breast Cancer Awareness
- Bullying Prevention
- Book Month
- Campaign for Healthier Babies
- CyberSecurity Awareness
- Dental Hygiene Awareness
- Domestic Violence Awareness
- Down Syndrome Awareness
- Filipino American History Month
- Fire Prevention
- Italian-American Heritage Month
- Lupus Awareness
- Pregnancy and Infant Loss Awareness
- Rett Syndrome Awareness
- Selective Mutism Awareness
- Vegetarian Awareness

Did you know...



October is Vegetarian Awareness Month. Even if you aren't a vegetarian, you can celebrate Meatless Monday and take a step toward reducing your consumption of meats and saturated fat (even for just one day). If you want to go meatless on Monday, be sure to start your day with protein. A healthy breakfast can help you power through your day with focus, clarity, and energy. Focusing on protein in the morning gives your body fuel it will need to power through your day and can help you feel full longer. From breakfast traditions like eggs and whole grains to vegetarian options such as lentils, black beans and tofu, you won't have to sacrifice flavor or nutrition by skipping meat on the first day of the week.

SONIC BOOM: County vs. County



The 100 day challenge is over, now we move on to County vs. County. This challenge leverages friendly team competitions to get county employees involved. This year's challenge takes place October 3 – November 20th. If you have an active sonic boom account, then you are automatically entered into the challenge. Individual incentives are not offered, however, you are still encouraged to aim for 4,500 steps or 60 min of activity at least four days per week during the seven week challenge. Winning counties will get bragging rights!

Veggie Stir Fry



Ingredients

- 4 c fresh broccoli florets
- $\frac{3}{4}$ c fresh baby carrots
- 2 tsp canola oil
- 1 med zucchini, halved lengthwise and sliced
- $\frac{1}{2}$ tsp salt
- $\frac{1}{4}$ tsp pepper
- Garlic powder and onion powder to taste

Instructions

In a large nonstick skillet, stir fry broccoli and carrots in oil for 5 min. Add the rest of the ingredients. Stir fry 4 – 5 min longer or until veggies are crisp-tender or to your preference.

NOTE: Use any combination of fresh veggies (yellow squash, red and green bell peppers, and cauliflower are all good choices, too)

Yields 4 servings 1 Weight Watcher Points Plus Value per serving