

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

Kerr County Newsletter

Vol. 3, No. 11

November 1, 2016

November Calendar of Events:

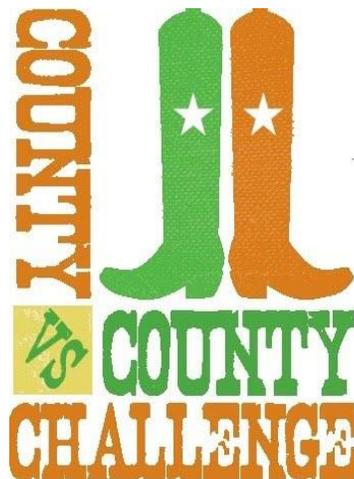
- 1st – Dec 3rd: Annual Texas Furniture Makers' Show
- Every Wednesday: Exit 505 Farmers Market @ Riverstar Ars & Event Park
- 4th: First Friday Wine Share @ Depot Square
- 5th: Kerr County Market Days & Swap Meet @ HCYEC
- 6th: Daylight Savings (Turn your clocks back an hour)
- 8th: General Election Day
- 11th: **Veteran's Day (County Offices Closed)**
- 11th: Veterans Day Parade
- 11th – 13th: Vintage Market Days @ HCYEC
- 12th: Winter Luau on the Lawn @ Dietert Center
- 14th: Commissioners Court
- 18th – 19th: 8th Annual Sleigh Bell Boutique @ Inn of the Hills
- 19th: 16th Annual Holiday Lighted Parade & Courthouse lighting Ceremony
- 19th – 20th: Texas Gun & Knife Show @ HCYEC
- 24th – 25th **Thanksgiving Holiday (County Offices Closed)**
- 26th: Family Free Day @ the Museum of Western Art
- 28th: Commissioners Court

Kerr County Employee Health Fair

Thank you to the over 120 employees and dependents that participated! We had 21 vendors in attendance to share health and safety information and answer questions. Peterson Medical Associates Nurses were there to administer 122 flu shots. Congratulations to the winners of door prizes listed below!

- **Cameron Grona – Adult Probation ~ 1 month membership donated by the KROC Center**
- **Mary Lou Ayala– Indigent Services ~ Insulated Lunch Bag donated by MetLife**
- **Crystal Lockridge – Road & Bridge ~ Kitchen Aid 8 pc Utensil Set donated by RBFCU**
- **Janice Smith – County Clerk ~ Water bottle & \$25 Visa Gift Card donated by Avesis**
- **Linda Motheral – County Jail ~ \$25 Visa Gift Card donated by Allstate**
- **Amanda Whitworth – Tax Office ~ \$25 Visa Gift Card donated by Allstate**
- **Mickey Bailey – District Courts – Water Bottle & Spurs Tshirt donated by SWBC**
- **Scott Van Klaveren – Baliff – \$25 Visa Gift Card & Spurs Tshirt donated by SWBC**
- **Angel Garza – Constable Pct 3 – \$25 Visa Gift Card & Spurs Tshirt donated by SWBC**
- **Albert Luebano – Baliff –\$25 Academy Gift Card**
- **Diane Rodriguez – County Clerk – \$25 Academy Gift Card**
- **Nadine Gradillas – Maintenance – \$25 Academy Gift Card**
- **Jerrielee Rust – County Attorney – \$25 Academy Gift Card**

Vendors that were in attendance at the Health Fair were: AirEvac, Airlife, Allstate, Avesis, Blue Cross Blue Shield, Community Acupuncture, Dept. of State Health Services, Edward Jones, EPA, Kerr County & City of Kerrville Emergency Management Coordinators, Kerr County Extension Office, KROC Center, Met Life, Methodist Healthcare Ministries, Peterson Medical Associates, Peterson Regional Medical Center, Randolph Brooks Federal Credit Union, TAC, SWBC Employee Benefits Consulting Group, UGRA, and the Ultimate Gift of Life.



Sonic Boom County vs County Challenge

There are only a few weeks left in the County vs. County Challenge. This challenge takes all participants in the county and combines their steps to compete with "like-sized" counties. At the half way point, we were not in the top 3 for our category, but let's kick it in gear and finish strong! Challenge Ends Sunday, Nov. 20th.

November National Awareness Month

- Adoption Awareness
- Alzheimer's Awareness
- American Indian & Alaska Native Heritage Month
- Arts & Health Month
- Diabetes Awareness
- Epilepsy Awareness
- Family Caregivers Month
- Healthy Skin Awareness
- Impotency Awareness
- Lung Cancer Awareness
- Nonprofit Awareness
- Pancreatic Cancer Awareness
- Prematurity Awareness
- Runaway Prevention Month

100 Day Challenge Gift Cards will ship to our county in December!! Just in time for the holiday shopping season!

Did you know...



Your skin is the first line of defense for the body's immune system. The average adult's skin spans 21 square feet, weighs nine pounds and contains more than 11 miles of blood vessels! November is Healthy Skin Awareness Month, so take a few extra minutes in the morning or evening taking care of your body's largest organ!

Fit Fitness into 15 min

Has missing workouts got you down? Don't beat yourself up! On those hectic days take just 15 minutes to do something active! It if seems impossible to accomplish anything worthwhile in 15 minutes, think again! ANY workout is better than no workout! Try these ideas and feel great knowing that you are making progress toward your goals:

- **Take the stairs!** Climbing a few flights will be just enough activity to get your heart pumping and leg muscles warmed up.
- **Go for a walk at lunch!** Choose a lunch spot a few blocks away from the office so you can take a brisk walk. If you packed a meal, reserve some of your break time to go outside and stretch your legs.
- **Get a jump on things!** No time to fit in a full-blown cardio session? Grab a jump rope for a quick workout or do a set up jumping jacks before your morning shower
- **Deskercise!** If all else fails, you can still do some great stretching and aerobic moves while you are seated at your desk. Try a series of side-to-side head rotations, shoulder shrugs, arm circles, glute squeezes, and knee lifts. It's so easy, and you'll be done in only 15 minutes!

Pumpkin Pie Cheesecake Parfait

Ingredients Pumpkin Pie layer:

- 15 oz pure pumpkin puree
- 2 T Brown Sugar
- ¼ cup unsweetened evaporated milk
- ½ tsp cinnamon
- ¼ tsp ginger
- ½ tsp nutmeg
- ¼ tsp salt

Ingredients Yogurt layer:

- 1 cup low fat vanilla Greek yogurt

Ingredients Crumble layer:

- 6 sheets graham crackers, crushed
- 1T whole almonds (optional)



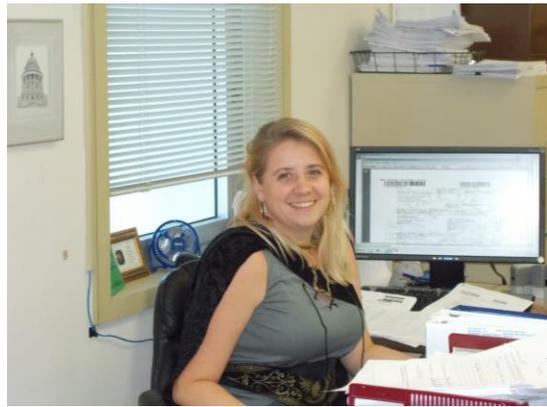
Instructions

- Mix all Pumpkin Pie layer ingredients in a bowl
- Spoon a heaping tablespoon of pumpkin pie mix into six small 3 oz containers. Add a heaping Tablespoon of yogurt, then top with a heaping tablespoon of crumble. Repeat adding each layer.
- Add whole almonds on top if desired.
- Serve immediately – Or, to make in advance, store ingredients separately and assemble just before serving

Yields 6servings 4 Weight Watcher Points Plus Value per serving

Trick-or-Treat!

*Tax
Office*



*County Clerk's
Office*



*District Clerk's
Office*

