

# Jefferson County Line

## FALL EDITION 2025



It's time for Annual Enrollment!!

**October 1-15, 2025**

## 2026 Benefits Information

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<a href="https://jeffersoncountytexas.gov/">https://jeffersoncountytexas.gov/</a>	

### What You Need to Know

- ◇ **There are many benefit options for 2026!**
- ◇ Read all of the information in your Annual Enrollment Guide
- ◇ Starting October 1, 2025, log into Employee Navigator, <https://employeenavigator.com/> to review coverage, make changes, or enroll. Click 'login' and use the credentials you used last year when creating your account or click 'Register' and use the company identifier: JefCou2024 if you did not register last year.
- ◇ If you do not wish to make changes to your benefits or participate in the Flexible Spending Account (FSA), your 2025 benefits will roll over to 2026, **with the exception of any FSA elections.**
- ◇ If you want to participate in either of the 2026 Flexible Spending Accounts, you must

enroll.

If you are adding dependents, you must submit your supporting documentation (marriage license, birth certificates, etc.) **by October 15, 2025.**

Follow the instructions in the Annual Enrollment Guide to make changes or enroll.

**Reminder!**  
**The deadline to enroll is October 15, 2025**



**Employee Assistance Program**  
**1-800-324-4327**

**Deferred Compensation**  
**1-877-677-3678**

**United Healthcare**  
**1-877-844-4999**

**Risk Management**  
**409-835-8672**

**Liviniti**  
**1-800-710-9341**

**Employee Health**  
**409-784-5881**

# 2025 Annual Enrollment Meetings - 2026 Benefits

**Tuesday, September 23, 2025 @ 2:00 PM**

Jefferson County Courthouse, Jury Impaneling Room  
1085 Pearl St, Beaumont, TX 77701

**Wednesday, September 24, 2025 @ 9:30 AM**

Jefferson County Sub-Courthouse, Judge Guillory's Courtroom  
525 Lakeshore Drive, Port Arthur, TX 77642

**Wednesday, September 24, 2025 @ 1:30 PM & 3:00 PM**

Jefferson County Correctional Facility, Shift Room  
5030 US 69 South, Beaumont, TX 77705

**Thursday, September 25, 2025 @ 9:30 AM**

Jefferson County Courthouse, Jury Impaneling Room  
1085 Pearl St, Beaumont, TX 77701

It is very important employees attend one of the offered Annual Enrollment Meetings in order to learn more about your benefit options and ask any questions you may have.

If you have any questions or concerns, please call Risk Management at (409) 835-8672.

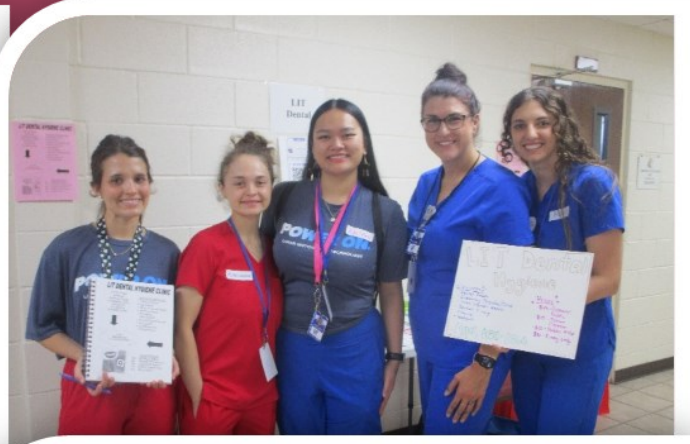


# Take Yourself & a Loved One To the Doctor Day

Commissioner  
Everette "Bo" Alfred  
Annual Health Fair  
Precinct 4



# Thanks for all you do!



Commissioner Everette "Bo" Alfred hosted the Jefferson County Precinct #4 Annual Health Fair – "Take Yourself & a Loved One to the Doctor Day" on September 20, 2025, at Cathedral of Faith Baptist Church. More than 1,000 people attended the event and received the following services: blood pressure, blood sugar, and cholesterol screenings, vision screening for adults, SPOT Vision Screening for children, hearing screenings, flu shots, and doctor exams. There was a blood drive, door prize drawings, and voter registration. Dr. JaMis Monét Jackson, M.D., M.S. gave a presentation on Stroke Diagnosis and Prevention and Wellness. In addition, Helen Simmons, Clinical Nurse Educator from Baptist Hospitals of Southeast Texas, gave Alarming Facts About Diabetes. Commissioner Alfred thanks the corporate sponsors, community partners, vendors, volunteers, and medical professionals who made this event possible.



# Decreasing Your Risk for a Contagious Illness

Now is a good time to start preparing for cold and flu season. It begins in the Fall and lasts throughout the winter months. Here are a few reminders to help decrease your risk for contagious illnesses.

1. Be diligent in your hand washing - Use hot water, soap, and scrub for 20 seconds, and then thoroughly dry
2. Start being pro-active about your cleanliness - Germs live everywhere in an office environment: on phones and phone headsets, keyboards, desks, office kitchens, eating areas, and conference tables. Wipe down the office equipment often and use a disinfectant spray as needed.
3. Make sure you cover your mouth with your shirt when you sneeze or cough. I see so many people double up their fist and cough into it. All that does is spread germs outward. It does nothing to minimize the spray of germs. Keep tissues in your pocket for quick access when you have a cough or runny nose. Throw away contaminated tissues into a receptacle that others will not touch. Wear a face mask around others if you have a persistent cough.
4. Get your yearly flu vaccination - It is free to our employees and their dependents over 16. We are going to start administering the vaccines the first week of October as recommended by the CDC. Watch for a County wide email listing dates, times, and locations. We will be giving the Flucelvax vaccination. It does not contain any preservatives, any egg product, and is not a live virus.
5. Prevent the spread - Some will get sick even taking these measures. But you can prevent the spread at your workplace by making sure you don't come to work if you're sick. We encourage employees to take a sick day or work from home, if allowed by your department, if they have flu-like symptoms or are running a fever. Buy a new thermometer or change the batteries in the one you have so that you will know what your temperature is. If it's 100.0 degrees or more, you have chills, sweating, or are feeling flushed then stay home and call the Employee Health Clinic for an appointment at (409) 781-5881.

Wishing you good health,  
Leslie Riggs, RN, MSN, FNP-C  
Employee Health Clinic



# Flu Vaccination Schedule 2025 - 2026

The Employee Health Clinic staff will be administering the Flucelvax Influenza Vaccine. Vaccines are offered to full-time employees and their covered dependents over the age of 16. Please find a time and location that works with your schedule. If you are unavailable to receive your vaccination on one of these days, you may call the clinic for an appointment after October 1<sup>st</sup>.

Employee Health Clinic - 409-784-5881

## Tuesday, September 23<sup>rd</sup>

Annex I Agriculture Conference Room	9:00 - 12:00
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## Wednesday, September 24<sup>th</sup>

Sub-Courthouse Port Arthur	8:30 - 9:15
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## Thursday, September 25<sup>th</sup>

Drainage District 6	4:00 - 5:00
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## Friday, September 26<sup>th</sup>

Airport Jerry Ware Terminal	10:30 - 11:30
Minnie Rogers Juvenile Probation	1:15 - 1:45
Correctional Facility	2:00 - 3:30

## Monday, September 29<sup>th</sup>

Commissioner, Pct. 2 - Erickson	7:30 - 8:00
Commissioner, Pct. 1 - Willis	12:00 - 12:30
Commissioner, Pct. 4 - Alfred	1:00 - 1:30
J.P. Pct. 4 - Chesson	2:00 - 2:15

## Tuesday, September 30<sup>th</sup>

Commissioner, Pct. 3 - Sinegal	7:30 - 8:00
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## Wednesday, October 1<sup>st</sup>

Annex I Agriculture Conference Room	1:00 - 3:00
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# Mentoring, Faith, and Community: How Judge Guillory is Shaping Port Arthur's Future

## Empowering Through Programs & Partnerships

Judge Guillory's commitment to the youth of our community is embodied in his innovative programs, such as the *Youth Diversion Program*, which celebrated its inaugural graduating class in August 2025. Designed for boys and girls 17 and under, this program provides a path to avoid formal juvenile court by completing courses in alcohol and tobacco awareness, drug education, and anger management which helps keep their records clean while granting them a second chance to thrive. He also actively champions initiatives like *In His Image* and *Project Life Change*, further demonstrating his ongoing dedication to connecting at-risk youth with life transforming resources. These programs not only redirect young lives but also build bridges between the court and community support systems.



## A Legacy of Service and Education

Judge Guillory's devotion to youth stems from long before his current role. As a member of the school board in 2015, he demonstrated unwavering dedication to children, teachers, and parents. That foundational commitment lives on as he consistently speaks of his vision for children to prosper in every area of life, gain knowledge and real-world experience, and eventually return to bless and strengthen our community. Guided by both civic duty and faith, Judge Guillory says, "The Bible gives us complete instruction on how to raise our children: teach them in the way, and when they grow old they will not depart." He sees his work as more than just service, its ministry, mentorship, and a generational calling. His desire is to mentor the next generation, nurturing leaders and activists rooted in love, integrity, and community values.

## Faith Meets Justice: A Holistic Vision

For Judge Guillory, public service is inseparable from spiritual purpose. He believes the spirit of our Lord and Savior must be imparted not only in children's hearts but also within every family. His court's approach supports the school district's leadership and seeks to redirect young lives through compassionate, faith-informed intervention, not punishment. He often reflects on the wisdom of our ancestors, "We are not promised tomorrow; therefore, we must take steps that our ancestors did and refer to those teachings because it saved lives." This tradition of wisdom, faith, and preparation is woven into everything he does, from early intervention to community collaboration and education to mentorship.

## Measuring Impact: Youth, Families, and Future Leaders

- **Youth Benefits:** Participants in the Youth Diversion Program leave with clean records, better self-awareness, and a clearer path forward.
- **Family Support:** By equipping parents and guardians with tools, guidance, and a shared vision, these programs strengthen family units and reinforce positive environments.
- **Community Uplift:** guiding young people toward successful futures ensures long-term benefits socially, economically, and spiritually for Port Arthur.

Judge Joseph L. Guillory II's leadership is more than just court orders, it is an embodiment of compassionate justice, educational empowerment, and spiritual mentorship. By blending innovative programs, school board roots, and a faith-driven approach, he cultivates a reality where children aren't only saved from the justice system but where they're prepared to return, lead, and glorify the community that nurtured them.

# What's Happening at the Ben?

## Ben J. Rogers Regional Visitors Center

Summer is over and kids are back in school, now bring on the cool weather!! Although it's been another hot Texas summer, visitors have not stopped traveling through our area. Fall festivals, holidays, and hunting will bring more, as well as winter visitors who add to our economy. If you meet out-of-towners, please thank them for visiting.

Plans are in the works for many shows across the area promoting Jefferson County and our great museums and attractions. We will be reporting on them in future newsletters.

As we post this update, we'd like to welcome Victoria back from her maternity leave. As you may know, Miss Ellie Marie arrived on June 27<sup>th</sup> to make her family complete. We wish them all the best!

We would like to remind everyone of the 17<sup>th</sup> Annual Veterans Day event at the Visitors Center on Tuesday, November 11<sup>th</sup>. The ceremony starts promptly at 11:00 AM and we invite everyone to come and join us for a fun and patriotic morning. Refreshments will be available.

With all the highway construction around Jefferson County, we want to remind everyone to drive safely, especially through work zones. Drive Friendly, the Texas Way!





WORK  
ZONEWORK  
ZONE

# CONSTRUCTION ZONE:

## Big Changes at the Jefferson County Tax Assessor-Collector's Office

With the start of 2025, exciting transformations have taken place across all three of our Jefferson County Tax Office locations! We could NOT have done this without thanking EVERYONE who has helped us realize this new vision: MIS, Maintenance, HR, Purchasing, Auditing, THC, Dohn LaBiche, and my right and left arms, Cindy Savant and Michelle Farnie.

### **Courthouse Office – Consolidated and Modernized**

To better prepare for legislative changes and make smarter use of space, we've teamed up with the Texas Historical Commission, Commissioner Brandon Willis, and Judge Jeff Branick to reorganize our main office.

- The Property and Voter Departments have been relocated into one centralized area.
- The Customer Service line and Auto Dealers are now together for easier access.
- We've removed the outdated 1980s workstations, giving the space a sleek, modern look.
- Two non-working bathrooms are now fully operational again!

Our break room was revamped, and the former break area is now a new training room, ideal for small meetings and training sessions.

We're putting the finishing touches on doors and storage areas while we gear up to welcome the newest member of the team – OPEX! This high-efficiency machine will revolutionize how we handle property tax processing. We can't wait!

### **Mid-County Office – Small Changes, Big Impact**

Our busiest location got a mini facelift with:

- Improved ventilation, new tint on the front doors to keep it cooler in the lobby.
- A more comfortable, welcoming waiting area for our valued (and patient!) customers
- Artwork and two beautiful, welcoming plants out front!

With its drive-thru and convenience, Mid-County continues to be a local favorite!

### **Port Arthur Sub-Courthouse – A Stunning Transformation**

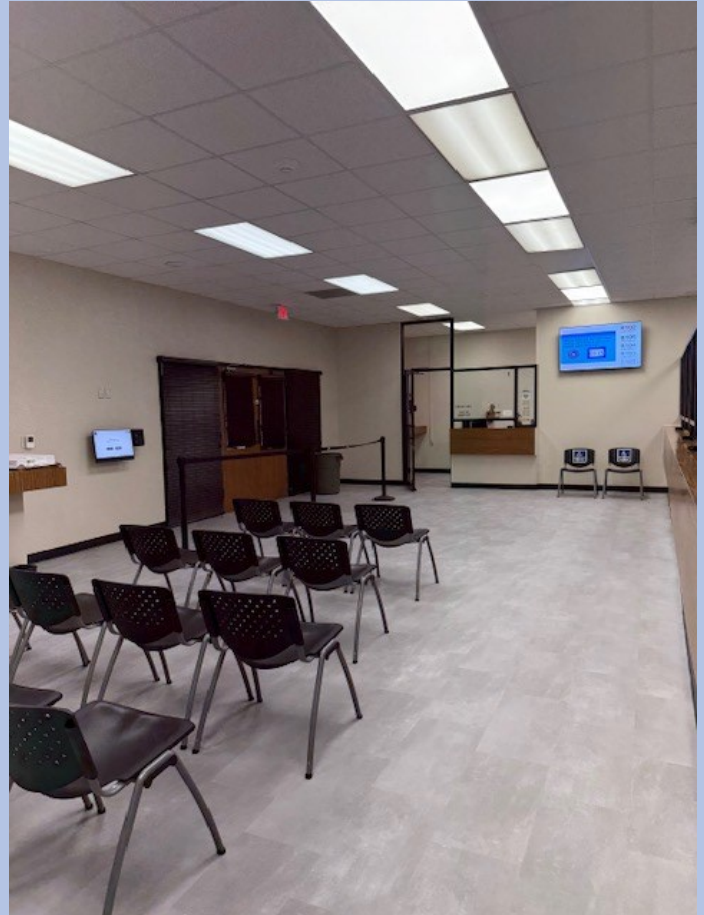
This location saw the most dramatic makeover!

- We temporarily relocated all 5 team members to our other offices to help train new staff and optimize resources.
- The Customer Service area was expanded and redesigned.
- We introduced NEMO-Q, our new electronic queuing system, to improve your wait-time experience.
- A large waiting area with seating for 20+ (including accessible seating) was added.

Fresh paint and new flooring completed the transformation – all within 90 days!

A huge shout out to Summer Polk – Branch Manager, Nayeli Toledo, Jo Beth Andalla, Stacy Martin, and our newest Assistant Branch Manager, Alice Chachere, for their incredible flexibility and positivity throughout the process. We would also like to thank Judge Jeff Branick, Commissioner Sinegal, and Fran and Rebekah from Auditing for their support in fast-tracking this project!





Images of the new and improved Office at the Sub-Courthouse

Thank You for Your Patience!

We know the construction noise and paint fumes weren't ideal, but we're excited to unveil the upgrades. We invite you to stop by and check out the improvements at any of our three beautiful Jefferson County Tax Office locations!

# New License Plate Policy HB 718

Due to new state legislation (HB 718), the dealers are responsible for issuing plates on new vehicles they sell; however, we will carry plate inventory in our offices. This change helps combat fraud, waste, and abuse across the state. Thank you for your understanding as we adjust to these new procedures.

## WHAT THIS MEANS FOR YOU

### BUYING FROM A DEALER?

You'll get metal plates at the time of purchase — no more paper tags.

### SELLING OR BUYING A CAR PRIVATELY?

Sellers must remove their plates and either transfer them to another vehicle titled in their name within 10 days or dispose of them.

### WHY THIS MATTERS?

The change helps crack down on fraudulent tags tied to car theft and hit-and-runs—improving safety, accountability, and registration tracking.

FOR MORE INFORMATION, VISIT  
[TXDMV.GOV/DEALERS/HB718](https://www.txdmv.gov/dealers/hb718)

# Fall Landscape Activities

With the passing of each day, temperatures are cooling off a bit. The temperatures are almost bearable for all that outdoor work that has been pushed to the cooler months of the year. You can roll up your sleeves and start checking things off your garden to-do list. If you are not sure what activities can be done in the fall season, here is a great list of easy activities to get that landscape ready with ease.

**Vegetable Gardens:** Set out early season fall transplants such as tomatoes and fall season squash and zucchini. Start with new tomato transplants that are a short length determinate variety for better results with varieties such as Celebrity, Beefsteak, or Champion II for best fall yields. If your summer stand of tomatoes were ravaged by insects and disease, it is best to eliminate those stalks and start with fresh transplants. Remember to practice good gardening techniques by having a planned rotation schedule for your crops. Bush and pole beans can be sewn in early September for one last harvest before cooler temperatures slow down growth. If your garden planting must include herbs, October is a great time to establish perennial herbs such as oregano, rosemary, thyme, and Mexican mint marigold.

**Trees and Shrubs:** If it is dry in your area, continue to provide supplemental irrigation to key plants in the landscape by providing at least one inch of supplemental irrigation for continued growth during fall months. Gradually back this watering schedule down in the month of October as trees and shrubs begin their winter season. You can mulch root zone of prized specimens of shrubs and trees in preparation for winter months. Just remember that mulch piled high around base of plants can invite unwanted pests such as ants and other insects. Two to three inches is all that is needed for good moisture and weed control. If you are a fan of roses, October will be a great month for roses to put on a good show of fall colors with many roses in peak

bloom. Checkout new varieties of Earth Kind rose set to hit the market in late fall and into early spring. October is an excellent time to plant shrubs, trees, and woody vines so that they can adjust to new conditions before springtime growth. If you have fruit or nut trees, pecan and citrus especially, that are fruit producing, be sure to supply supplemental irrigation as fruit matures into the fall season. This helps to eliminate issues with poor nut fill and splitting issues with fruits such as citrus.

**Lawns:** A good fall fertilizer that is well balanced can be applied to lawns in our area at a rate of half a pound to one pound of nitrogen per 100 square feet of lawn area. Divide the first number on fertilizer bag into 100 to calculate the pounds of that fertilizer to apply at a 1,000 square foot area. Remember to strive for a 3-1-2 ratio fertilizer such as a 16-6-12 or a 15-5-10 if no soil test has been performed. If your lawn has been plagued by fungal issues such as Take All root rot, a good topdressing of peat moss at a rate of one to two compressed bales per 100 square feet can help to limit issues from this fungal disease. Be sure to water after application.

With a little bit of fall work, you can check off some of those yard and garden activities and be on your way to a garden that is in tip-top shape for the spring season.

David Oates  
Texas A&M AgriLife Extension Service  
Jefferson County -Horticulture  
[David.oates@ag.tamu.edu](mailto:David.oates@ag.tamu.edu)  
<https://jefferson.agrilife.org/>  
409-835-8461





# RICE COOKING

## *Texas Rice Festival*

# CONTEST

**Date: September 27<sup>th</sup>, 2025**

**Location: Winnie Community Building**

**Time: 9am-1pm**

**Entries only accepted from 9am-9:30am**

**FREE to enter and open to the public!**

**Contest categories:**

- Appetizer
- Vegetable or Side
- Main Dish
- Dessert

**Must include:**

- 1 cup raw rice
- OR
- 2 cups cooked rice/rice product

**Please pre-register using the link below:**

**<https://forms.office.com/r/Wbs3yxbjDx>**



SEPTEMBER 2025

# What's Cooking?

TEXAS A&M  
**AGRI**LIFE  
EXTENSION



## CANDIED PECANS

### INGREDIENTS

- 1 pound pecan halves
- ½ cup white granulated sugar
- ¼ teaspoon salt
- 1 teaspoon ground cinnamon
- 1 large egg white
- 1 tablespoon vanilla extract

### DIRECTIONS

Preheat the oven to 300 degrees F.

Line a baking sheet with either parchment paper or a silicone baking mat.

In a bowl, combine the sugar, salt and cinnamon.

In a large bowl combine the egg white and the vanilla extract. Add the pecan halves and toss to coat the pecans in egg white mixture.

Sprinkle the sugar mixture overtop of the pecans and toss again to coat.

Spread pecans in a single layer on the lined baking sheet.

Bake in preheated oven for 20 minutes.. Stir and spread again and bake for another 20 minutes.

Remove from the oven and let cool completely before moving.

Once completely cooled, stir and break apart nut clusters.

Store in an air tight container for up to a week.

### NUTRITIONAL INFORMATION PER SERVING:

Serving Size: ¼ cup

Calories: 220 | Carbohydrates: 9g | Protein: 3g | Fat: 20g | Cholesterol: 0mg | Sodium: 40mg | Fiber: 3g

Sugars: 6g | Vitamin D: 0mcg | Potassium: 122mg | Calcium: 22mg | Iron: 1mg

**SERVES: 16**

### RECIPE SOURCE: DINNER TONIGHT

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### TEXAS PECANS

▪ In 1919, the pecan tree was declared the official state tree of Texas.

▪ 60 million pounds of pecans are produced in Texas each year.

▪ Texas is the leading pecan grower.

▪ The state pie for Texas is the pecan pie.

▪ The pecan tree is native to Texas, which makes Texas a top producer where the tree is native.

▪ The state health nut for Texas is the pecan nut.

Resources:

[Texas Agriculture-Pecans](#)

[American Pecans: Pecans-101](#)



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SEPTEMBER 2025

# What's Cooking?

TEXAS A&M  
**AGRI**LIFE  
EXTENSION



## HOMEMADE CRANBERRY PECAN SAUCE

### INGREDIENTS

- 1 cup water
- 1 cup artificial sweetener
- 1 16oz bag of cranberries
- 1 cup apple chopped
- 1 cup pecans chopped
- ½ cup golden raisins
- ½ of an orange, juiced
- 1 teaspoon orange zest
- ½ of a lemon, juiced
- 1 teaspoon lemon zest
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg, ground

### DIRECTIONS

Combine water and artificial sweetener in a large sauce pan and bring contents to a boil.

Add cranberries and return to a rolling boil.

Once boiling, lower the heat in order for the liquid to simmer. Once simmering, add the remaining ingredients.

Cook for an additional 10 to 15 minutes.

Remove the sauce pan from the heat and let it cool. Serve with turkey or your favorite holiday meal!

### NUTRITIONAL INFORMATION PER SERVING:

Serving Size: ⅛ cup

Calories: 140 | Carbohydrates: 18g | Protein: 2g | Fat: 8g | Cholesterol: 0mg | Sodium: 0mg | Fiber: 4g

Sugars: 8g | Vitamin A: 2% | Vitamin C: 15% | Calcium: 2% | Iron: 4%

**SERVES: 10**

**RECIPE & PICTURE SOURCE: DINNER TONIGHT**

### DID YOU KNOW?

Did you know: Pecans are primarily grown in southern states.

Did you know: The United States produces more than 300 million pounds of pecans annually.

Did you know: There are more than 500 different types of pecans!

Did you know: Thomas Jefferson planted pecan trees at Monticello and sent seeds to George Washington.

Did you know: In 1772, the first US planting of pecan trees took place in Long Island, New York.

Did you know: The first recipe for pecan pie was published in 1896.

Resource: [American Pecan: Pecans-101](#)

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SEPTEMBER 2025

# What's Cooking?

TEXAS A&M  
**AGRI**LIFE  
EXTENSION



## PECAN AND VEGGIE MINI FRITTATAS

### INGREDIENTS

- ½ cup pecan pieces
- ⅓ cup thinly sliced green onions
- ⅓ cup diced jarred roasted red peppers
- 8 large eggs
- ¼ cup milk
- ½ teaspoon garlic powder
- ½ teaspoon smoked paprika
- ½ teaspoon kosher salt
- freshly ground black pepper
- ⅓ cup shredded cheese of any type
- butter, for greasing

### DIRECTIONS

Preheat the oven to 350 degrees F.

Grease a 12-cup muffin tin generously with butter.

Roughly chop the pecans.

Thinly slice the green onions.

Dice the roasted red peppers.

In a medium bowl, whisk together eggs, milk, garlic powder, smoked paprika, kosher salt, and a few grinds of black pepper.

Divide the mixture evenly into the muffin cups (fill halfway).

Sprinkle shredded cheese evenly into each cup.

Top with green onions, red peppers, and pecans. Divide evenly between the cups.

Bake for 20-25 minutes until golden brown and puffed. (When you remove from oven they will deflate and continue to do so until cooled.)

Allow to cool for 5 minutes in the tin, then remove.

Eat immediately, refrigerate up to 4 days, or freeze up to 3 months. Can be eaten cold and do not have to be reheated.

### NUTRITIONAL INFORMATION PER SERVING:

Serving Size: 2 frittatas

Calories: 190 | Carbohydrates: 3g | Protein: 11g | Fat: 14g | Sodium: 440mg | Fiber: 1g

**SERVES: 6**

**RECIPE AND PICTURE SOURCE: [AMERICAN PECAN](#)**

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### ABOUT PECANS

Pecans are a naturally gluten-free food.

There are 19 vitamins and minerals found in a pecan.

Per 1oz serving:

196 calories

20.4 grams of fat

2.6 grams of protein

2.7 grams of dietary fiber

0 grams of sodium

According to the US FDA: eating 42.5 grams of most nuts (such as pecans) as a part of low saturated fat and low cholesterol diet, could reduce the risk of heart disease.

Shelled pecans should be refrigerated or frozen to protect the rich oils and buttery taste.

Resources:

[Path to the Plate-Pecans](#)

[Texas Agriculture-Pecans](#)

[American Pecan: Pecans-101](#)



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SEPTEMBER 2025

# What's Cooking?

TEXAS A&M  
**AGRI**LIFE  
EXTENSION



## PECAN CRUSTED AIR FRYER PORK CHOPS

### INGREDIENTS

- 1 cup pecan pieces
- 1/3 cup arrowroot or corn starch
- 2 teaspoons Italian seasoning
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/4 teaspoon sea salt
- 1 large egg
- 1 teaspoon Dijon mustard
- 1 tablespoon water
- 2 garlic cloves, crushed
- 6 medium boneless pork chops (trimmed of any fat)

### DIRECTIONS

Preheat the air fryer to 400 degrees F.

In a medium sized bowl, mix together pecans, arrowroot starch, Italian seasoning, onion powder, garlic powder and sea salt.

In a separate bowl, whisk together egg, Dijon mustard, water, and garlic.

To make the pork chops: cover the pork chops in the egg mixture, then transfer to the bowl with the pecan mixture to coat all sides. Repeat with remaining pork chops. Place 3 pork chops in the air fryer basket.

Cook pork chops for 6 minutes, flip, then cook for an additional 6 minutes. Set aside on a plate.

Repeat with remaining pork chops,

Serve hot with extra Dijon mustard (if desired).

**\*\*If you don't have an air fryer, coat the pork chops using the same method, then sauté the pork chops for 5-6 minutes per side in an oiled skillet over medium-high heat.\*\***

### NUTRITIONAL INFORMATION PER SERVING:

Serving Size: 1 pork chop

Calories: 360 | Carbohydrates: 8g | Protein: 43g | Fat: 16g | Sodium: 180mg | Fiber: 2g

**SERVES: 6**

### RECIPE AND PICTURE SOURCE: AMERICAN PECAN

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### PECAN POTENTIAL

Pecans harmonize beautifully with a wide range of flavors, from the sweetest to the spiciest.

To unleash their full potential, consider pairing pecans with these ingredients for a burst of flavor:

- Wasabi
- Curry
- Caramel
- Honey
- Meats
- Tropical fruits
- Chocolate
- Delicate herbs
- Any spice from your pantry

The rich, buttery crunch of a Texas pecan brings an added dimension and depth to any dish.

Texas pecans come in an array of sizes and forms, allowing you to incorporate them into your favorite recipes. Options include:

- Mammoth to small
- Whole or pieces
- Pecan flour
- Pecan oil
- Pecan butter
- Pecan paste
- Pecan milk

Resources:

[Texas Agriculture-Pecans](#)



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TXExtension

# Welcome Y'all!



## Please join us in welcoming our newest employees of Jefferson County:

**Airport:** Michael Hawkins Jr.

**Auditing:** Erica Bell

**Adult Probation:** Sovilia Lambert

**County Clerk:** Kiara Marquez

**District Clerk:** Tina Evans

**Juvenile Probation:** Hera Goffney, Diandre Harris

**MIS:** Brandon Tran

**Roads and Bridges, Pct. 4:** Damond Sebile

**Sheriff:** Maggie Baker, D'Ray Benoit, Jett Boudreaux, Jakahlen Bush, Shannon Coward, Duante Grogan, Brea Hansford, Darnetta Irvine, Tammi Jackson, Latoya Johnson, Stephanie Johnson, A'Naya Joseph, E'Mani Kiel, Kendrick King, Cory Luckette Jr., Jeremiah Mathews, Jace Miller, Jenita Moore, LaRanda Pippin, Ariana Reyes, Karrington Sparrow, Kynsley Taft, Jansen Ware

**Tax Office:** Bailey DuBois, Jamie Lynch, Maliyah Morales

Happy  
FALL YALL

### REMINDERS FOR RETIREMENT

Contact **McKenna Bertrand** in Human Resources to schedule your appointment to retire and to receive a list of required documents.

If you do not already have access to your online portal you will need to contact Human Resources for your account number.

**(409) 839-2391**

Happy Retirement!

Can you spot 10 differences in this Thanksgiving picture?



#### July

Thomas Savoie

#### August

Charley Anderson Jr.  
Rhonda Brode  
Cheryl Rivers

#### September

Shundria Bowens  
Kimberly Doyle  
Herbert James  
George Rigmaiden  
Lisa Thomas

We wish all our retirees  
well in their future  
endeavors!

Congratulations!

# Health tip: Healthier weight

According to the CDC, obesity is a common, serious, and costly chronic disease of adults and children that continues to increase in the United States. Obesity is putting a strain on American families, affecting overall health, health care costs, productivity, and military readiness. Obesity-related health conditions include heart disease, stroke, type 2 diabetes and certain types of cancer.<sup>1</sup>

Achieving and maintaining a healthier weight, which may improve overall health, includes healthier eating, physical activity, optimal sleep, and stress reduction. People with gradual, steady weight loss (about 1 to 2 pounds per week) are more likely to keep the weight off than people who lose weight quickly. A reduction of 3,500 calories equals one pound of weight loss. This deficit may be achieved by consuming fewer calories and requiring more through increased movement.<sup>2</sup>

## Ways to evaluate weight<sup>3</sup>

Body fat % category	Women	Men
Essential fat	10-13%	2-5%
Athletes	14-20%	6-13%
Fitness	21-24%	14-17%
Acceptable	25-31%	18-24%
Obesity	> 32%	> 25%

BMI	Weight status
Below 18.5	Underweight
12.5-24.9	Healthy weight
25-29.9	Overweight
30.0 and above	Obesity



### Waist-to-hip ratio (WHR) and waist circumference

Studies have shown that the size of one's waist (measured around the belly button) correlates directly to heart disease. A waist size greater than 40 inches for men and 35 inches for women is considered at risk.<sup>3</sup>



## Lifestyle tips for a healthier weight <sup>4</sup>



### **Eat more colorful produce and include protein**

Colorful fruits and vegetables contain fiber and water which adds higher volume for lower caloric intake. Fiber supports satiety and digestive health, both helpful for weight control. Protein helps prevent loss of lean mass through weight loss and aids satiety.



### **Plan ahead**

Having a meal plan helps avoid last minute choices such as “fast foods” and convenience foods that may be higher in calories and made up of less healthy ingredients such as excess sodium, trans fats, and processed sugars.



### **Move more**

Work your way up to 150 minutes of moderate-intensity aerobic activity, 75 minutes of vigorous- intensity aerobic activity, or an equivalent mix of the 2 each week. More may be required depending on your individual needs.



### **Practice mindfulness**

Mindful eating may help prevent boredom, stress-based and distracted eating habits. Increasing awareness and appreciation of food may provide greater satisfaction, physically and mentally, that may help reduce overeating.



### **Get support**

Getting support through available lifestyle programs, tracking systems, support groups or loved ones may help promote success by developing an environment aligned with your goals and providing accountability.

#### Sources:

1. CDC, About Obesity. [https://www.cdc.gov/obesity/php/about/?CDC\\_ARef\\_Val=https://www.cdc.gov/obesity/aboutobesity/index.html](https://www.cdc.gov/obesity/php/about/?CDC_ARef_Val=https://www.cdc.gov/obesity/aboutobesity/index.html). 2024. Accessed June 2024.

2. CDC, Steps for Losing Weight. <https://www.cdc.gov/healthy-weight-growth/losing-weight/>. 2024. Accessed June 2024.

3. CDC, Assessing Weight. <https://www.cdc.gov/healthyweight/assessing/>. 2022. Accessed June 2024.

4. Harvard School of Public Health, <https://nutritionsource.hsph.harvard.edu/healthy-weight/>. 2022. Accessed June 2024.

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# GOT PAIN?

**JEFFERSON COUNTY**  
is offering the  
**"NCS ON-SITE WELLNESS PROGRAM"**

Available to **SETGEBP** Members enrolled in the **UHC** Medical Plan and their covered dependents (10+ years). **TOTALLY FREE OF CHARGE.**

## IF YOU SUFFER FROM THE FOLLOWING TYPES OF PAIN:



**NECK**



**SHOULDER**



**BACK**



**CARPEL TUNNEL**



**HEADACHES**

OR OTHER TYPES OF DISCOMFORT, WE HAVE A PROGRAM JUST FOR YOU.

### How it Works

NCS Doctors use an advanced soft tissue treatment called Fascial Distortion Model (FDM) to find and address injuries and relieve pain. Most issues are resolved within 2-3 visits.

**Appointments are free to employees, only 15 minutes long, and located on-site.**

### To schedule your free 15 minute appointment:

1. Go to [www.NMCSOnline.com/SETGEBP](http://www.NMCSOnline.com/SETGEBP)
2. Select "Create New Account"
3. Complete your medical questionnaire
4. Select "Appointment"
5. Choose a time and follow the prompts.



or scan qr code

## Sign Up Now

**Need help?** Please contact your NCS on-site coordinator.  
Additional assistance is available: [support@ncshealing.com](mailto:support@ncshealing.com) or (817) 380-4183.

**Downtown Annex** 215 Franklin Street, Suite 202  
Beaumont, TX 77701  
Monday and Wednesday  
1:00 PM to 5 PM  
Risk Management Room in the Annex

**Mid County** 7933 Viterbo Road, Unit 4  
Beaumont, TX 77705  
Tuesday and Thursday  
8:00 AM to 10:00 AM