

Kerr County Newsletter

Vol. 1, No. 3

November 3, 2014

November Calendar of Events:

- 2nd: Change your clocks back one hour!
- 4th: General Election Day
- 7th: Veterans Day Ceremonies @ Veteran's Cemetery & Courthouse
- 7th – 10th: 11th Annual James Avery Hill Country Golf Classic
- 8th: Hill Country Swap meet
- 8th: Center Point Public School Foundation 5K Walk/Run
- 10th: Commissioners Court
- 11th: **Veterans Day – County Offices Closed**
- 13th: AXA 457 Deferred Compensation Presentation
- 14th: Buttons & Bows Bazaar @ First Christian Church
- 21st – 23rd: SleighBell Boutique @ The YO Hotel
- 22nd: Kerrville Holiday Lighted Parade
- 24th: Commissioners Court
- 27th: **Thanksgiving Day – County Offices Closed**
- 28th: **County Offices Closed**
- 28th – 29th: Kerr County Market Days

Happy November Birthday!

- Nadene Alford
- Mary Lou Ayala
- Andrew Blizzard
- Richard Clemens Jr.
- Juan Cruces
- Nuvia Cruces
- Maria Dominguez
- Alaina Flores
- Roxanne Franklin
- Vickie Gartrell
- Mike Grinstead
- Sheriff Rusty Hierholzer
- Norman Houghton
- Bridgette Johnson
- Mark Newman
- Raymond Ortegon
- Heather Patton
- Thomas Prout
- Judge Bill Ragsdale
- Mary Frances Root
- Roy Savary
- Casey Spence
- Esmeralda Valverde
- Daniel Woodman

ATTENTION CURRENT SONIC BOOM PARTICIPANTS NEW HOLIDAY CHALLENGE

Maintain No Gain Starting in November

The "Maintain No Gain" Holiday Challenge is a six-week challenge to gain no more than two pounds during the holiday season through healthy eating habits and physical activity. Take up the "Maintain No Gain" challenge and enjoy the holidays without gaining the extra pounds.

If you are currently participating in Sonic Boom and would like to participate online, please see program instructions below for Online Tracking.

Program Goals:

- Maintain your weight within two pounds throughout the holiday season;
- Increase your knowledge about healthy eating habits; and
- Continue being physically active during the holiday season

First Weigh-in: Nov. 17-21

Week 2: Nov. 24-28

Week 3: Dec. 1-5

Week 4: Mon., Dec. 8-12

Week 5: Dec. 15-29

Week 6: Dec. 22-26

Last Weigh-In: Dec. 29-Jan. 2

Prize Drawings

Each week you update your weight using Weight Loss Warriors or the paper scorecard, you will be entered in a prize drawing for a \$25 gift card. The more weeks you update your weight online or complete a scorecard, the more chances you have of winning!

You can earn up to six prize drawing entries.

Program Instructions

- Go to <https://mybenefits.county.org>, select "Get Connected" and click on the "Sonic Boom" link;
- Click on the "Programs" tab on the top left side of your personal dashboard;
- Select "Weight Loss Warriors." If you are not registered with Weight-Loss Warriors, select "Get Started" and follow the instructions;
- After you are registered, track your weight each week by weighing in;
- Use your county's Sonic Boom Scale (if available) or select "Update My Weight" to manually add your weight; and
- Each weekly update of your weight will count as one entry toward the prize drawings. **Earn up to six prize drawing entries!**

AXA 457 Employee Deferred Comp Plan Presentation

Join us on Thursday, November 13th in the Commissioners Courtroom at one of the presentation times listed to learn more about financial strategies for your 457 AXA Employee Deferred Compensation Plan. Presentation times are **9:30am, 10:45am, 1:30pm and 2:45pm** ~ No need to sign up, come when it's convenient for you.

Want more personalized attention on your account? **Sign up with HR for an individual appointment on Friday, November 14th.**

Can't make it either day? Call Kenneth Sedlock @ (210) 348-1365



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

People won't even notice that this is a gluten-free recipe! This healthy blondie recipe uses quinoa flour, which you can find at HEB and in natural-foods markets.

Did you know...

To keep your skin healthy and looking young!

1. **Don't smoke** ~ smoking expedites the aging process and permanently damages your skin cells.
2. **Hydrate!** Drink plenty of fluids (preferably water) throughout the day but especially before and after exercising (or when you are out in the sun) to replace the fluids you lose from sweating!
3. **Watch your diet** ~ Stock up on foods rich in omega-3 fats (fish), and vitamins A, E, and zinc (pumpkin seeds, carrots, and almonds). These vitamins protect and nourish your skin cells, slowing collagen breakdown and promoting skin renewal.
4. **Cleanse** ~ Cleaning your skin twice per day with a mild cleanser (NOT your generic bar of soap), will keep your skin looking fresh.
5. **Exfoliate** ~ use gentle products to help slough off dry skin cells and increase blood flow to the area.
6. **Moisturize (with SPF)** ~ Lotions, creams and other moisturizers are essential to locking in hydration. And by including SPF you keep your skin safe from UV rays.
7. **Turn down the heat** ~ Stay out of direct sun whenever possible, and turn down the heat in the shower. Scalding hot water will leave your skin feeling dry and flaky.
8. **Go to sleep!** Your skin cells renew overnight, so make sure that "overnight" is a long enough time! Try to get seven to nine hours of sleep each night.
9. **Take off your makeup ladies** ~ Leaving makeup on at night increases wrinkles, pore size, and skin dryness.
10. **Stress less!** It's no secret that your appearance responds to your stress levels. Take a deep breath, and relax ~ your skin will thank you!

Lite 'n Healthy Recipes to try this fall

Ingredients:

- ½ cup brewed hot coffee
- ½ cup skim milk
- ¼ tsp vanilla extract
- ¼ tsp pumpkin pie spice
- 1 tsp sugar

Preparation:

Add vanilla extract into milk and microwave for about 50 seconds until very hot. Pour into mug with brewed hot coffee and stir in sugar and pumpkin spice, and enjoy!

Skinny Pumpkin Pie Latte

When fall comes around, coffee drinks at the local shop get festive! Unfortunately, many come loaded with junky ingredients and loads of sugar! Try this recipe for a lower calorie option.

Ingredients:

- ¼ cup unsalted butter, softened
- ¾ cup smooth or crunchy natural almond butter
- 2 large eggs
- ¾ cup packed light brown sugar
- 1 tsp vanilla extract
- ¾ cup quinoa flour
- 1 tsp baking powder
- 1 tsp salt
- 1 cup semisweet chocolate chips

Preparation:

1. Preheat oven to 350F. Coat an 8-inch square baking pan with cooking spray and line the bottom with parchment paper.
2. Beat first two ingredients in an electric mixer until creamy. Beat in next three ingredients. Whisk quinoa flour, baking powder and salt in a small bowl. Mix the flour mixture into the wet ingredients until just combined. Stir in chocolate chips. Spread the batter evenly into the prepared pan.
3. Bake 25 min. or until a toothpick inserted into the center comes out with just a few moist crumbs. Let cool in the pan for 45 min before cutting into 24 pieces

Almond Butter-Quinoa Blondies



Halloween @ the Courthouse!

