Kerr County Newsletter

Vol. 1, No. 4 December 1, 2014

December Calendar of Events:

- 6th: Loopy Christmas @ Old Ingram Loop
- 8th: Commissioners Court
- 12th: Judge Brown's Retirement Party
- 12th – 14th: Dog Agility Show @ HCYEC
- 13th: Christmas @ the KROC
- 13th: Camp Verde Open House
- 14th: Hill Country Youth Orchestra holiday concert @ Cailloux Theater
- 19th: County Christmas Party
- 20th: Kerr County Market Days
- 21st: First day of winter
- 22nd: Commissioners Court
- **24th: Christmas Eve – County Offices Closed**
- **25th: Christmas Day – County Offices Closed**
- 31st: New Year's Eve – County Offices Open

Happy December Birthday!

- Annetta Anderson
- Maggie Baker
- Denise Berry
- Kathy Banik
- Becky Bolin
- Donnie Coleman
- Bruce Curry
- Oscar Dominguez
- Natalie Dunlap
- Bobbie Garcia
- Jennifer Godwin
- Byron Griffin
- Debbie Gross
- Gene Huffaker
- Bobby Johnson
- Wayne Johnson
- Lonnie Johnston
- James Lang
- Rosa Lavender
- Barrett Lewis
- Ryan Lich
- Beth Manry
- Joe Morris
- Erica O'Neil
- Bob Reeves
- Clarence Schmidt
- Sarah Smith
- Shelley Stagg Noble
- Heather Stebbins
- Carol Twiss
- Lucy Wilke

MERRY CHRISTMAS!!

Please join us for the
KERR COUNTY CHRISTMAS PARTY
on December 19, 2014
11:30 AM to 1:30 PM
@ the Hill Country Youth Event Center

Lunch will be provided by the Elected Officials and Department Heads.

Remember to keep weighing in for the Sonic Boom "Maintain No Gain" this month!

ATTENTION CURRENT SONIC BOOM PARTICIPANTS

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.

We've all thought it…"I may as well give up on eating smart over the holidays, eat what I want, and then start my diet in the New Year…Right?!"

Ummm…Bad Idea! That would just make it harder to get yourself in gear in the New Year! That's why that New Year resolution to lose weight is so hard to stick to. But it is the season of celebration, so moderation is the name of the game! When you are not in special-occasion situations, eat smart to balance out those indulgences. This is the perfect time to embrace the 80/20 rule ~ eat right 80 percent of the time and loosen the reins the other 20 percent.

December National Awareness Month

- Political Correctness Awareness
- Safe Toys and Gifts Awareness

Did you know…

Ways to prevent Leg Cramps during exercise:

1. **Hydrate** ~ Any beverages that have caffeine such as coffee, tea, soda, and energy drinks can cause dehydration, which can lead to cramps. The muscles in your body are highly comprised of water and they rely on it for proper function. Drink plenty of water before, during, and after a workout.
2. **Be flexible** ~ Tight calf muscles are a big reason why leg cramps take place when you exercise. Those of us with desk jobs need to stretch a bit more to keep our calves and the rest of our leg muscles flexible by doing static stretches. An example of a good stretch for calves and hamstrings is a yoga pose called the downward facing dog. To perform this, start in a plank position with your hands directly under your shoulders and your toes on the floor. Push your weight back toward your heels and ieft your hips up in the air until your body is in about a 90 degree angle. Hold for 45 to 60 seconds.
3. **Warm Up** ~ Start off your workout sessions with a 10 minute warm up jog or fast-paced walk. Then follow it up with side steps, lunges, leg swings and front kicks.
4. **Massage** ~ Getting a massages not only helps you relax, it can also help loosen up knots and flush lactic acid from the muscles which can reduce cramps. Get massages after you work out.
5. **Get your nutrients** ~ Muscle cramps can be caused by a lack of potassium, magnesium and calcium in your diet. Make sure to eat enough of these nutrients on a daily basis. Some good examples include bananas, potatoes, yogurt, milk, apricots, and orange juice.

Save Time and Money Call NurseLine!

With Healthy County, you have around-the-clock access to personal medical assistance through the nurse line at (866) 412-8795. You can speak directly to a registered nurse.

When you call, the nurse will ask you a few questions about the symptoms and situation and give you the information you need to decide the best treatment option. This is a great go-to resource to help you and your family treat minor illness and injury without the expense of doctor's office co-pays or ER costs. This service is available 24/7 to all employees on the county's health insurance.

Lite 'n Healthy Recipes to try this month

No-Nonsense Nog

1/5th of recipe (about 1 cup): 98 calories, 2g fat, 382mg sodium, 13g carbs, 0.5g fiber, 6g sugars, 6g protein (Weight Watchers PointsPlus® value 2)

Ingredients

1 4-serving box Jell-O Sugar Free Fat Free Vanilla Instant pudding mix
5 cups light vanilla soymilk
6 no-calorie sweetener packets
1 tsp. rum extract
1/2 tsp. ground nutmeg
Optional: Fat Free Reddi-wip, cinnamon

Directions

Combine all ingredients in a blender, and blend at high speed until smooth. Transfer to a pitcher, cover, and refrigerate until thickened, at least 3 hours. Yum!
MAKES 5 one cup servings

Merry Cranberry Pear Tarts

1/12th of recipe (1 tart): 70 calories, 1g fat, 99mg sodium, 15.5g carbs, 2g fiber, 8g sugars, 0.5g protein (Weight Watchers PointsPlus® value 2)

Ingredients
2 T light whipped butter or light buttery spread
4 cups finely chopped pears
2 T brown sugar (not packed)
½ tsp cinnamon
¼ tsp salt
3 T sweetened dried cranberries, chopped
¼ tsp lemon juice
12 small square wonton wrappers

MAKES 12 SERVINGS

Directions
Preheat oven to 350 degrees. Spray a 12-cup muffin pan with nonstick spray.
Bring a large skillet to medium-high heat. Add butter and let it coat the bottom. Add pears, and sprinkle with brown sugar, cinnamon, and salt.
Cook and stir until softened, about 8 minutes
Transfer to a medium bowl to cool. Stir in chopped cranberries and lemon juice.
Place each wonton wrapper into a cup of the muffin pan and press into the bottom and sides
Lightly spray with nonstick spray Bake until lightly browned, about 8 minutes. Let cool completely, about 10 minutes. Evenly distribute pear mixture among the wonton shells. Enjoy!