

Happy Birthday to  
all Kerr County  
Employees  
celebrating a  
December Birthday!

# Kerr County Newsletter

Vol. 2, No. 12

December 1, 2015

## December Calendar of Events:

- 1<sup>st</sup>: TCDRS Retirement Seminar in Commissioners Courtroom
- 4<sup>th</sup>: First Friday Wine Share @ the Museum of Western Art
- 4<sup>th</sup>: Light the Night Christmas Parade Fredericksburg
- 11<sup>th</sup>-13<sup>th</sup>: Dog Agility Show @ HCYEC
- 12<sup>th</sup>: Camp Verde Open House
- 12<sup>th</sup>: Hill Country Holiday Shopping Extravaganza @ Blue Sage Hall
- 12<sup>th</sup>: A Night in Whoville @ Schreiner Park
- 14<sup>th</sup>: Commissioners Court
- 18<sup>th</sup>: County Christmas Party @ HCYEC 11:30 – 1:30
- 22<sup>nd</sup>: First Day of Winter
- 24<sup>th</sup> – 25<sup>th</sup> Christmas Holiday (County Offices Closed)
- 28<sup>th</sup>: Commissioners Court
- Jan 1<sup>st</sup>: New Year's Day Holiday (County Offices Closed)

Way to go Kerr  
County!!



## MERRY CHRISTMAS!!

*Please join us for the  
KERR COUNTY CHRISTMAS PARTY  
On December 18, 2015  
11:30 AM to 1:30 PM  
@ the Hill Country Youth Event Center*

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



**Be sure to wear your Sonic Boom activity tracker to the Christmas party for a chance at an extra surprise!**

**Remember to keep weighing in for the Sonic Boom  
“Maintain No Gain” this month!**

### DATES TO WEIGH-IN:

**First Weigh-In:** Nov. 16 – 22  
**Week 2:** Nov 23 – 29  
**Week 3:** Nov 30 – Dec 6  
**Week 4:** Dec 7 – 13  
**Week 5:** Dec 14 – 20  
**Week 6:** Dec 21 – 27  
**Last Weigh-In:** Dec 28 – Jan 4

### DATES TO SUBMIT PARTICIPATION LOG:

**Week 1:** Nov 22 - 25  
**Week 2:** Nov 29 – Dec 2  
**Week 3:** Dec 6 - 9  
**Week 4:** Dec 13 - 16  
**Week 5:** Dec 20 - 23  
**Week 6:** Dec 27 – Jan 4

Submit your Weekly Participation Log online by the due dates. Visit [www.county.org/MaintainNoGain](http://www.county.org/MaintainNoGain) to submit your Weekly Participation Log. Each Week you submit a participation log, you are entered into a drawing for a chance at one of two \$35 gift cards. Complete all 6 weeks of the challenge to be entered into the grand prize drawing. **Drawings conducted by TAC.**

## Sonic Boom County-wide Stats:

**November 2015**  
Sonic Boomers: 53  
Total Steps: 5,043,232  
Total Time (Min): 102,630.39  
Total Calories Burned: 283,060  
Total Distance (Miles): 2,325.64

Compared to →

**November 2014**  
Sonic Boomers: 22  
Total Steps: 1,835,459  
Total Time (Min): 37,840.15  
Total Calories Burned: 84,589  
Total Distance (Miles): 792.33

## December National Awareness Month

- Political Correctness Awareness
- Safe Toys and Gifts Awareness

### Sonic Boom Pebble Open Enrollment Jan 1 – Feb 19, 2016

Sonic Boom is our year-round physical activity program that encourages healthy behaviors and has something for everyone, whether you're already in great shape or haven't seen the inside of a gym in decades. You must be a county employee covered by your county's medical benefit plan through the Texas Association of Counties to be eligible to participate in Sonic Boom.

**New Participants:** To participate in the Sonic Boom program, you will need a device called a Pebble which is a physical activity tracking device you wear on your belt or shoe. The Pebble is offered at no cost during the Open Enrollment period. You will have the option to upgrade to a Boomerang for \$30; this device is similar to a Fitbit you wear on your wrist. The Open Enrollment period only happens once a year and we encourage new participants interested in Sonic Boom to request their device between Jan. 1 – Feb. 19. After Feb. 19, you may purchase a Pebble for \$30 or a Boomerang for \$60 directly from [Sonic Boom](#).

**Existing Participants:** If you currently participate in Sonic Boom and need a replacement battery for your Pebble device, you may request a free battery during the enrollment period (Jan 1<sup>st</sup> - Feb. 19<sup>th</sup>). You will also have the option to upgrade to a Boomerang for \$30; this device is similar to a Fitbit you wear on your wrist.

Please note: Devices lost by participating employees will not be replaced by Healthy County. Replacement devices are the responsibility of the individual participant.

**The next Sonic Boom Challenge starts April 4<sup>th</sup>!**

## Did you know...

Walking can reduce the risk of many diseases, ranging from heart attack and stroke to hip fracture and glaucoma. Check out some of walking's many wonderful benefits:

- **Managing your weight.** Don't get too excited – you still have to maintain a nutritious diet to control your weight. But, a consistent and sustained walking program, combined with good nutritional habits, can help keep your weight within healthy limits – which can lower your risk of type 2 diabetes, heart disease, stroke, cancer, sleep apnea, and osteoarthritis.
- **Controlling your blood pressure.** Physical activity strengthens the heart so it can pump more blood with less effort and less pressure on the arteries. Staying fit is just as effective as some medications in maintaining healthy blood pressure.
- **Decreasing your risk of heart disease.** Exercise, such as brisk walking for just 30 – 60 min each day, is associated with a 30-40% lower risk of heart disease.
- **Boosting "good" cholesterol.** Walking can raise the level of high-density lipoproteins (HDL. H = Healthy) in the blood, while lowering the low-density lipoproteins (LDL. L = Lower it!). This is important in preventing a buildup of plaque on the artery walls (a major cause of heart attacks).
- **Lowering your risk of a stroke.** Studies show that regular, moderate exercise (equivalent to brisk walking for an hour a day, five days per week), can cut the risk of stroke in half.
- **Reducing your risk of breast cancer and type 2 diabetes.** Several studies link regular activity, including brisk walking to risk reductions for both of these diseases.
- **Strengthening your bones.** Consistent activity (like walking) strengthens your bones, reducing the risk of bone fractures, especially in hips, as we age.

The information provided is intended for your general knowledge only and is not a substitute for professional medical advice. Consult your physician before starting any exercise routine.

## Mint Hot Chocolate Recipe

1/8th of recipe (approx. ¾ cup): Weight Watchers PointsPlus® value 5

### Ingredients

6 cups fat free skim milk  
1/4 cup water  
¼ cup sugar  
½ cup mint leaves, fresh loosely-packed  
3 ½ oz bittersweet chocolate, high quality chopped  
8 T chocolate aerosol whipped cream

### Directions

Pour milk into a small saucepan and bring to a simmer over medium heat, about 5 min; cover and set aside.

In another small saucepan, combine water, sugar, and mint leaves; bring to a boil for 1 min.

Reduce heat to medium-low and simmer for 5 min. Pour mint syrup through a fine-meshed sieve or strainer into a larger saucepan. Add chocolate to mint syrup and reduce heat to very low; melt chocolate, stirring constantly, about 1 to 2 min. (Do not allow chocolate to stick to bottom of pan or overcook). When chocolate has just melted, add 1/3 cup of warmed milk and stir to combine, being careful that chocolate does not stick to bottom of pot. When chocolate and milk are completely combined, add remaining milk to pan; increase heat to medium-low and warm through. Pour into serving cups and top each with about 1 ½ T of whipped cream; garnish with mint leaf.

MAKES 8 ¾ cup servings





**GOOD TIMES  
@ JP4'S CHILI  
LUNCH**

