

## ATASCOSA COUNTY JUDGES REPORT

On Tuesday of this week I asked the Mayors of the County to come to the Courthouse and discuss a joint proclamation to the county. I think it is very important that we join together for the best planning for our cities and the county. Hopefully you will hear more about that.

On a personal note, I have completed one of the many diets I have undertaken in my life. I started on a “keto” diet almost a year ago and have lost close to 40 pounds. My daughter Nicole was my inspiration when she lost over 40 pounds with “keto.” I say “close to” because I do not know how much I weighed when I started. The scales in the bathroom have never been my friend, so I have never liked to weigh. I think I weighed about 230 when I started. When I saw the weight coming off THEN I started weighing every day and stopped the diet when I reached my goal of 190.

When I see folks that I have not seen in a while they ask me if I am okay (people worry if you are sick if they see you lose a lot of weight – a natural thing). Many people have asked me if I am ill. I am not. I feel terrific – better than I have in at least 10 years. My motivation? Well, what pushed me over the edge in motivation, in addition to all the good reasons to lose weight, is that over a year ago I started scuba diving. I felt taking the weight off would be helpful with the sport. I also still like to snow ski occasionally and as I have been slowly adding weight over the last 10+ years I can “feel it” when I go.

So, I feel great ... have more energy ... only have one problem. Now I must try to stay the same weight as I come off the diet. All my life I have been up or down, but never stayed the same. My biggest challenge now is staying the same weight. Sigh.

Quote of the week, “When you come to a fork in the road, take it.” And, “It ain’t over till it’s over.” — Yogi Berra, famous baseball figure.

Thanks for listening.

We want you to be proud of your County Government.