Kerr County Newsletter

Vol. 2, No. 4 April 1, 2015

April Calendar of Events:

- 2nd – 19th: Hill Country Youth Art Show @ Kerr Arts & Cultural Ctr
- 3rd: Good Friday – County Offices CLOSED
- 3rd – 5th: Dog Agility Show @ HCYEC
- 3rd – 5th: 42nd Annual Easter Hill Country Bike Tour
- 4th: 7th Annual Easterfest & Cookoff @ Flatrock Park
- 4th: Easter Eggstravaganza
- 4th: Hill Country Swap Meet @ HCYEC
- 5th: Easter Sunday
- 13th: Commissioners Court
- 15th: Income Tax Day
- 18th: Spring Native Plant Sale & Festival @ Riverside Nature Ctr
- 18th – 19th: Texas Gun & Knife Show @ HCYEC
- 22nd: Earth Day
- 24th: Relay for Life @ Tivy Stadium
- 25th: Kerr County Market Days
- 25th: 19th Annual Dan Gatewood Memorial Golf Tournament @ Schreiner Golf Course
- 27th: Commissioners Court

Happy Birthday to all Kerr County Employees celebrating an April Birthday!

SONIC BOOM SPRING CHALLENGE

2015 Spring Challenge: March 23 - May 29

The **Step Up, Spring Forward** challenge is a 10-week physical activity Challenge. This challenge replaces the Sonic Boom 8-week challenge.

Achieve a minimum of 30 minutes of physical activity at least four days per week during the challenge, and earn a $30 Visa gift card!

Physical activity is anything that makes you move your body and burn calories. Gift cards will be mailed to HR at the end of the challenge. Log in to your Sonic Boom account to track your progress!

EYE SAFETY

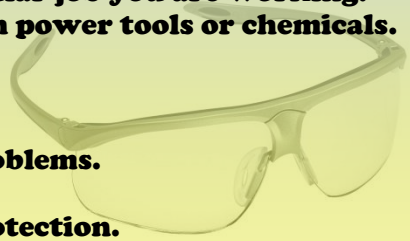
Eye Injury Facts & Myths

Wearing the proper protective eyewear could prevent 90 percent of eye injuries. Based on an annual study by the American Academy of Opthalmology:

- **Men are more likely to sustain an eye injury than women**
- **Most people believe that eye injuries are most common on the job. But, in fact, nearly half of all eye injuries occurred in the home**
- **More than 40 percent of eye injuries reported were caused by projects and activities such as home repairs, yard work, cleaning and cooking.**
- **More than 40 percent of eye injuries every year are related to sports or recreational activities**
- **Eyes can be damaged by sun exposure, not just chemicals, dust or objects**
- **Among all eye injuries reported, more than 78 percent of people were not wearing eyewear at the time of injury. Of those reported to be wearing eyewear of some sort (including glasses or contact lenses) only 5.3 percent were wearing safety or sports glasses.**

PROTECT YOUR EYES

1. **Wear your safety glasses**
2. **Wear the proper eyewear for the particular job you are working.**
3. **Wear eye protection when working with power tools or chemicals.**
4. **Wear your safety glasses.**
5. **Keep your eye protection clean.**
6. **Wear prescription lenses if you should.**
7. **Get regular eye exams to prevent eye problems.**
8. **Wear your safety glasses!**
9. **Wear glasses that provide proper UV protection.**
10. **Get medical attention immediately if you have an accident**
11. **...and most importantly, Wear Your Safety Glasses!**



April National Awareness Month

- Alcohol Awareness
- Arab-American Awareness
- Autism Awareness
- Cancer Control Month
- Child Abuse Prevention
- Distracted Driving Awareness
- Donate Life Month – Organ and Tissue Donation
- Facial Protection Month
- Irritable Bowel Syndrome Awareness
- Jazz Appreciation
- Keep America Beautiful
- Mathematics Education
- Minority Health Month
- Occupational Therapy Month
- Poetry Month
- School Library Media Month
- Sexual Assault Awareness & Prevention
- Sports Eye Safety Month
- STD's Education & Awareness Month
- Stress Awareness
- Tartan (Scottish-American) Heritage Month
- Volunteer Month
- Work Life Enrichment Month

Did you know…

No one really knows the origin of April Fools' Day! There are many theories as to how this day came about, although, who's to say which are legitimate and which may be jokes? Well, I suppose that's the fun – and frustration – of April Fools' Day. See if you think any of these theories are fact or fool:

- **It May Have Religious Origins** – many trace the origins back to 1582 when Pope Gregory XIII adopted the Gregorian Calendar, effectively moving New Year's Day from the end of March to January 1st. Some chose not to transition to the new calendar, so they continued to ring in the new year at the end of March. Those who didn't make the change were mocked for their folly and called "April Fools"
- **Everyone has a Theory** – Some believe that the origins go back to the Ancient Roman festival of Hilaria, which celebrated the resurrection of the god Attis and involved dressing up in disguises.
- **Celebrations Aren't The Same In Every Country** – While Americans know that on April Fools' Day, it's either prank or be pranked, countries around the world bring their own flavor to the day. In France, it is known as Poisson d'Avril, which means "April Fish". Children tape a picture of a fish on the backs of their classmate and wait until they discover it. Scotland's version is a two-day affair with Hunt the Gowk Day, where people are sent out to deliver fake messages, and Taily Day, which is all about pranks involving people's behinds and may have inspired the "Kick Me" sign. The 13th Day of the Persian New Year known as Sizdah Bedar usually falls on April 1st or 2nd in Iran, and people have reportedly played pranks since 536 B.C.

PARMESAN ROASTED ASPARAGUS

Ingredients:
1 ½ pounds fresh asparagus
1T Olive Oil
¼ tsp salt
1/8 tsp freshly ground black pepper
¼ c freshly grated parmesan cheese
1 lemon cut into wedges, for serving

Directions:
Preheat oven to 400 degrees
If the stalks of the asparagus are thick and/or seem tough, peel the bottom half of each. Arrange them in a single layer on a sheet pan and drizzle with the olive oil. Sprinkle with the salt and pepper. Place in the oven and bake/roast until tender, 15 to 20 min. Sprinkle with the Parmesan and return to the oven until the cheese melts, another 1 to 3 min. Serve with the lemon wedges.
Makes 4 servings

Nutritional Estimates per serving: 85 calories, 5.1 g fat, 6.8 g carbs, 3.6 g fiber, 5.6 g protein. 2 Weight Watchers PointsPlus

Easter Candy Weight Watchers PointsPlus Values

1 Nestle Crunch Egg 4PPV (8PPV for 2)
4 Reese's Eggs wrapped in foil 6PPV
Twix Egg 4PPV (8PPV for 2)
Peeps Bunnies 1PPV for 1; 3PPV for 4
¼ c Starburst Jellybeans 4PPV
¼ c M&M's 6PPV (11 PPV for ½ c)
24 pcs Whoppers Robin Eggs 5PPV
Russell Stover Solid Chocolate Bunny (small) 13PPV
Snickers Egg 4PPV (9PPV for 2)
Reese's Egg Milk Chocolate 1.2oz 5PPV
12 Cadbury Mini Eggs Milk Chocolate 5PPV
Peeps Chicks 1PPV for 1; 4PPV for 5
14 pcs Brach's Classic Jellybeans 4PPV
¼ c White Chocolate M&M's 6PPV (12 PPV ½ c)

AMERICAN CANCER SOCIETY RELAY FOR LIFE

JOIN THE FIGHT AGAINST CANCER!

Relay for Life of Kerr County

April 24th, 2015

6:00 p.m. - 12:00 a.m.

Tivy Stadium

1310 Sidney Baker, Kerrville, TX

Contact us at 210-595-0241 or 830-895-8048

Visit relayforlife.org/kerrtx for more information.